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CHRIS REYNOLDS/TORSTAR NEWS SERVICE

Some advice for the Raps

NBA PLAYOFFS

Local basketball coaches: Don't get too high or too low

Gilbert Ngabo

Metro | Toronto

Dear Raptors: If you want to salvage your series against the Cleveland Cavaliers, you'll have to keep your feelings in check.

That's the main advice being doled out by local basketball coaches as the team looks to rebound from one of the most lopsided losses ever seen in the NBA playoffs.

But, when it comes to bouncing back in basketball, "the number of points doesn't really matter," said John Campbell, head coach of Varsity Blues at the University of Toronto. "Just go back to the formula of what happens when you win, and concentrate on that," he said.

After two spectacular performances on home court to even the series, the Raptors were brushed aside 116–78 by Cleveland on Wednesday, putting them on the brink of elimination from their deepest playoff run in franchise history.

Campbell can relate. His own team has lost lopsided games "quite often," he said, but always regrouped, making the Canadian Interuniversity Sport conference playoffs the past two years.

York University Lions head coach Tom Oliveri said teams that bounce back after big losses are good at managing their emotions, which allows them to put the past behind them and focus on the next game.

"As players, you can never be too high when you're up, and never be too low when you're down," he said.

Looking at the matchup, Oliveri doesn't think the Raptors' Friday task is insurmountable.

"I believe Cleveland is a very fragile and vulnerable team," he said. "The Raptors just have to avoid playing scared or timid. They have won before, they can win again."

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metro NEWS
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Takeout for ruff customers

Two-year-old Yorkie-Poo Sawyer chows down on an Everest Chew – a natural cheese treat made using a traditional Himalayan recipe. LIZ BEDDALL/METRO

Trish Donnelly, head chef at Tom & Sawyer, prepares signature dish Sous Vide Salmon in the café's open-concept kitchen, and Sawyer makes it disappear quickly. LIZ BEDDALL/METRO

FOOD

Leslieville restaurant makes meals just for pets

From cats that turn their noses up at plain tuna to dogs that are sick of kibble, there's finally a solution for animals with discerning palates in Toronto.

Tom & Sawyer opened last month in Leslieville, offering fresh and frozen takeaway meals for picky pets prepared in an open concept kitchen.

Co-founder Kristin Matthews said the inspiration for the store came from her 10-pound Yorkie-Poo Sawyer.

"He never wanted to eat, he just rejected all types of commercial food," she said.

"When I looked at the back of the bag, I thought, well I wouldn't want to eat this."

Matthews started home-cooking Sawyer's meals with fresh, healthy ingredients, a model she has carried over to her new business.

Trained chefs that have experience cooking for people prepare the food, packed with special vitamins and minerals, which "pet parents" can also order online.

"People are thinking about what they feed their family and choices they make when they go to the grocery store or the markets, and what we've been seeing is that is now naturally extending to the pets in their household," Matthews said.

The food is safe for human sampling, but may need a little salt, she added.

Matthews felt Leslieville was a perfect fit because of all the pet owners already in the neighbourhood.

As for people who might think a takeout restaurant for animals is excessive, Matthews said she can't worry about that.

"When somebody's doing something new and interesting it's always going to raise a lot of questions," she said.

"People thought the Internet was crazy."

RECIPES FOR ANIMALS WITH TASTE

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Pasta
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Spinach
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Price: $11

Sous Vide Salmon
(also for discerning dogs)

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Ingredients:
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Broccoli
Carrots
Eda-mame
Eggs
Dog vitamins and minerals
Price: $14

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(for cat connoisseurs)

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Cat vitamins and minerals
Unsalted butter
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Finding Toronto's indigenous people

INNER CITY HEALTH

Community is larger than StatsCan data reports: Expert

May Warren
Metro | Toronto

Standing in the entrance to the Native Canadian Centre next to a wall decorated with indigenous art, Sam Mukwa Kloetstra jokes people often ask where the entrance to the museum is.

They don't realize it's a living, breathing meeting place for Toronto's large indigenous population, which struggles to be heard, and seen.

A new study out of St. Michael's Hospital gives a better picture of just how many indigenous people are in the city and raises questions about how an underestimate impacts their lives.

Sam Mukwa Kloetstra is a new arrival to Toronto from a northern Ontario First Nation. MAY WARREN/METRO

The study estimates the number of indigenous people in Toronto is between 34,000 and 69,000, compared to Statistics Canada's 2011 census, which puts it at about 20,000.

"The problem is, particularly in a city like Toronto, if you're poor then you don't live in one place very much," said Janet Smylie, a researcher with the Centre for Research on Inner City Health and a Métis family physician.

"We have this under participation of indigenous people living in cities so it makes our population look to be a fraction of its actual size," she added.

Her study used indigenous people themselves and community centres to help identify Toronto's population, instead of relying on lists of people's addresses, as the census does.

Smylie hopes it can help "unmask" some of the unmet needs.

MORE FINDINGS

Our Health Counts helps to see the bigger picture

The 2016 Our Health Counts study found the indigenous community is poorer than Statistic Canada data captures.

According to 2011 Stats Can data, 26 per cent of Toronto's indigenous population lives below the low income cut-off.

Our Health Counts finds 91 per cent of the indigenous population is living below that cut-off.

RACIAL PROFILING

Jury at Carby inquest urges police changes

After a three-week hearing that delved into issues of racial profiling and "carding," the jury at the Jermaine Carby coroner's inquest has returned 14 recommendations, some aimed at combating officers' unconscious bias.

The five-member jury also determined that Carby's September 2014 police shooting death was a homicide. Jury members heard that at the time of his death, Carby — a 33-year-old black man — was struggling with mental health issues. The case stood the risk of being ruled a suicide-by-cop.

"We know for a fact that Jermaine didn't want to die that night," said La Tanya Grant, Carby's cousin, adding that Carby's family will be pleased the jury did not rule his death was suicide.

The finding does not bring any criminal consequence for Peel Regional Police Const. Ryan Reid, the officer who pulled the trigger, or any officers involved in the shooting.

The jury recommended that the Ontario Police College — which trains all police recruits in the province — and Peel Regional Police use the circumstances of Carby's death in training scenarios to illustrate issues of unconscious bias.

"Officers should be tested, graded and must meet a benchmark in order to pass," the jury wrote. TORSTAR NEWS SERVICE

Jermaine Carby was shot dead by Peel police in 2013 after the car he was riding in was pulled over. TORSTAR NEWS SERVICE

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HUDSON'S BAY

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Twitter bot flags pedestrian collisions

@StruckTOBot creator James Tubbs with his son, Sammy. CONTRIBUTED

TORONTO'S DEADLY STREETS

Account tracks, tweets traffic accidents using police data

Luke Simcoe
Metro | Toronto

An automated Twitter bot is sounding the alarm over Toronto's dangerous streets.

@StruckTOBot uses data tweeted by police to announce every time a pedestrian or cyclist is hit. The account has tweeted more than 500 times since January and serves as creator James Tubbs' effort to draw attention to road safety, something he considers a "big problem" in the city.

Last year, 38 pedestrians and four cyclists were killed in the city, and 16 pedestrians have died so far in 2016.

"One of my big pet peeves is how dangerous automobiles are and how much people take it for granted that it's just a fact of life," said Tubbs, who was hit while riding his bike two years ago. "By taking that invisible thing and bringing it to the forefront, I'm hoping to make the danger more apparent."

> One of my big pet peeves is how dangerous automobiles are.
> James Tubbs

With warmer temperatures bringing out fairweather walkers and cyclists, @StruckTOBot has been tweeting more frequently. Tubbs says he's seeing at least six people hit every day.

"There's entirely too much traffic in Toronto and too much dependency on the car. Anything we can do to get outside or use transit more is going to be less dangerous," he said.

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While the city's subway system appears crowded at times, the commission is expecting a $20-$30-million revenue shortfall by the end of the year due to declining ridership. A report on the downward trend is expected to be presented at the TTC's board meeting on July 11. MARCUS OLENIUK/TORSTAR NEWS SERVICE

PUBLIC TRANSIT

TTC ridership 5.4M below target: Report

Toronto's transit system may feel crowded to daily rush-hour riders. But it's not as crowded as it should be.

TTC ridership continues to decline compared with the agency's targets, according to figures in CEO Andy Byford's latest report, released Thursday. As of March, the TTC had logged 134.7 million trips since the start of the year, 5.4 million fewer than the agency budgeted for.

If ridership continues on its current course, the TTC will miss its year-end target of 553 million rides by between eight million and 13 million, leaving the commission with a revenue shortfall of $20 million to $30 million.

The numbers confirm a trend already evident in the first few months of 2016. By February, the TTC was already four million trips short.

Byford said the statistics are "a real concern," but he noted that Toronto's transit system isn't the only one seeing weakened demand. Ridership in Vancouver, Calgary and Montreal is also soft.

"It's definitely not just a Toronto phenomenon," Byford said. "Our view is it is linked to the economy." He said that while Toronto's unemployment rate isn't as bad as it has been, sometimes there is a lag between economic upturns and corresponding increased transit use.

Councillor Joe Mihevc, who sits on the TTC board, believes a number of factors could be contributing to low ridership stats, including an uptick in fare evasion following the introduction of all-door boarding on all streetcars last December and regular fare increases that have priced out some potential passengers.

"At some point, because the fares have gone higher than the inflation rate, that will have a negative impact on rides. We've pushed that envelope pretty hard in the last little while," he said.

Byford said statistics collected by TTC fare inspectors don't suggest fare evasion has become more common, and there is little evidence fare prices are behind the decline. But commission staff are looking at all possible factors in an effort to reverse the trend.

The CEO added that, while it's possible the commission might consider scaling back plans to expand service, he's wary of making any "knee-jerk" decisions.

"On the one hand, we're coolly and calmly analyzing this data to get to the fact rather than the anecdotes," he said. "At the same time, there is a sense of urgency. We recognize that it's an emerging problem, and we're not taking that lightly."

TORSTAR NEWS SERVICE

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Giant rodents elude searchers

MISSING CAPYBARAS

Public asked to call 311 if animals sighted

May Warren
Metro | Toronto

Chewy, the remaining High Park Zoo capybara goes for an afternoon dip in his pen, on Thursday. TORSTAR NEWS SERVICE

Toronto's rodent equivalent of Bonny and Clyde are still missing, after a three-day search that's captivated the city.

Megan Price, the city's policy and parks advisor and unofficial capybara caper spokeswoman, is appealing to anyone who may offer some help.

"We will continue our efforts tonight and ask that the public be our eyes and ears," Price wrote in a Thursday email. "If you see them in High Park, on land or in water, please call 311 with their location, and don't approach them."

The two animals, native to South America, escaped from their pen at High Park Zoo on Tuesday. Price said there have been several alleged sightings around the city, but most of them turned out to be of groundhogs.

Capybaras are not dangerous, Price said, but "skittish" and will run if frightened.

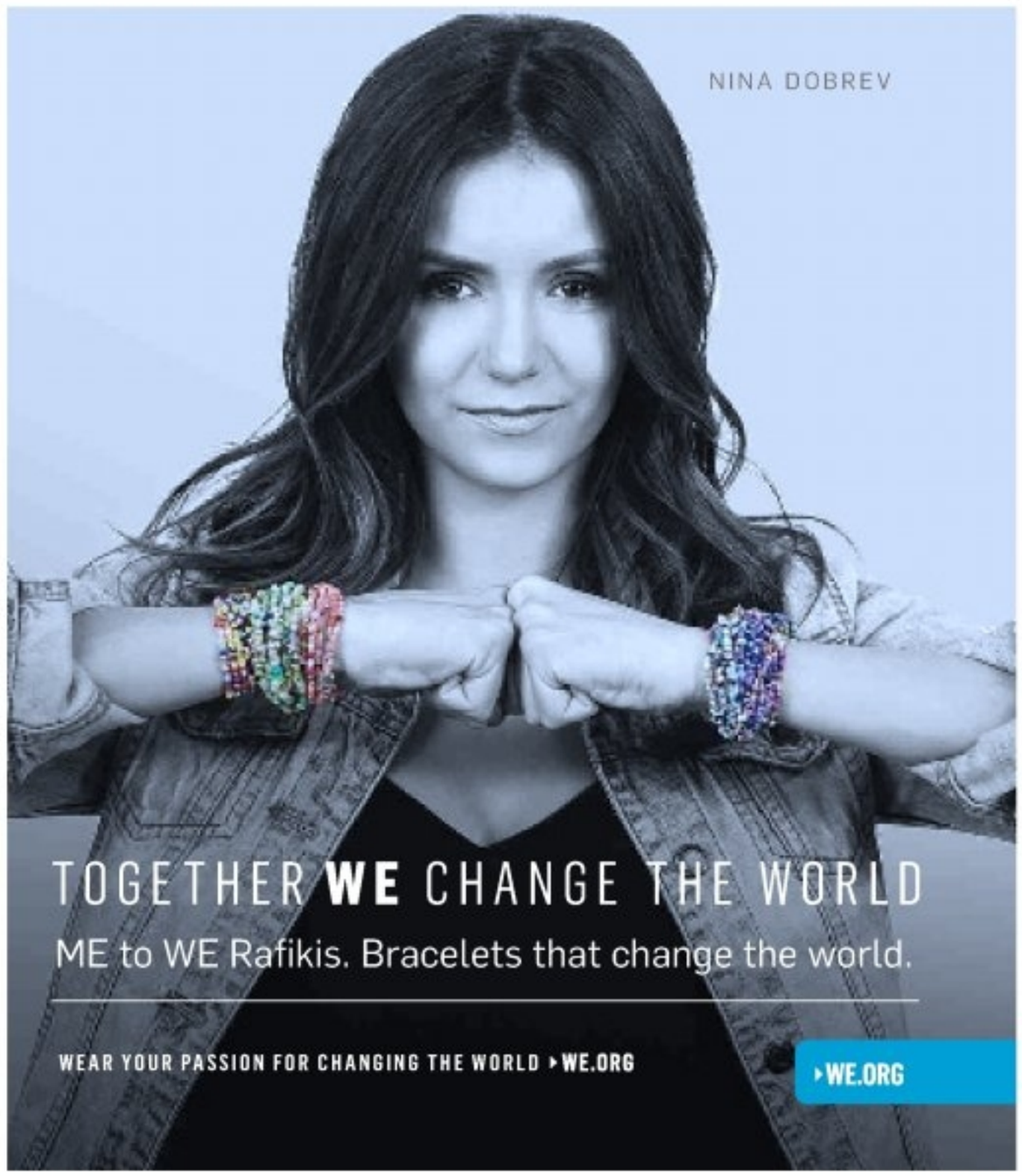
"There were no reports of sightings last night but it took time for our peacock to return, so we'll continue our efforts tonight when the park is quieter," she said Thursday.

News of the runaways has attracted worldwide attention, with headlines in the Guardian and the New York Times.

The two missing capybaras are a male and female juvenile pair, but it's not clear if there is a romantic twist to their trip into the wild.

Asked if they might have run off to mate in private, Price said she's not a capybara behavioralist but suspects they are most likely just hiding.

- WITH FILES FROM TORSTAR NEWS SERVICE



Toronto homeowners can brace themselves for higher taxes than in 2012. COURTESY DREAMSTIME

House value boom hikes assessments

REAL ESTATE

Up 30 per cent over the past four years

Toronto's blistering housing market prompted a 30 per cent jump in residential property values over the past four years, according to the company that assesses real estate in the province.

City homeowners will receive assessment notices — their first since 2012 — from the Municipal Property Assessment Corp. (MPAC) beginning next week showing a 7.5 per cent annual increase in their property values.

That's well above the 4.5 per cent provincial average, but lower than the double-digit increases in some 905-area communities such as Richmond Hill and Markham.

The average assessed value for a single-family detached home in Toronto is $770,000, up about $200,000 on average from the last assessment in 2012. Toronto condo values increased 2.9 per cent on average to $363,000, about $35,000 higher than four years ago.

Although assessments are linked to property taxes, homeowners should not panic about a steep rise in taxes, says MPAC.

"Just because the assessment does increase doesn't necessarily mean that this is going to have an impact on their taxes," said Greg Martino, director of valuation and customer relations MPAC. Municipalities, not MPAC, determine property tax rates.

How much an individual owner pays depends on where their assessment ranks compared to the city average. Owners whose properties are assessed above the 7.5 per cent average will pay more. Those with below-average assessments pay less. In Toronto, virtually every property will be assessed at a higher rate than it was in 2012.

770k
2016 average assessed value of a single-family detached home in Toronto

If two properties were assessed at $500,000 in 2012, each would share an equal portion of the city's tax burden. But if they are reassessed and one home remains at $500,000 but the other is now valued at $600,000, the higher valued property now carries a bigger tax responsibility.

"It all depends on how your assessment changed relative to every other property within the area. If you are similar to the average there should be no impact as a result of the reassessment," he said.

COMPETITION BUREAU

Condo contractors targeted

Condominium corporations are not the target of a criminal investigation by the Competition Bureau of Canada.

The bureau has asked an Ontario Superior Court to order more than 100 Toronto area condo companies to produce records and other documents in connection with an investigation by its Cartels Directorate.

The investigation appears to be centred on contractors who do renovations on common areas such as lobbies, shared washrooms and parking garages in residential highrises, although the Competition Bureau declined to give details.

"The decision to seek the orders was based on the fact that the condominium corporations have, or are likely to have, information that is relevant to the investigation," said Competition Bureau spokeswoman Marie-France Faucher in an email.

It's possible the competition bureau asked for a court order because the victims in the alleged scheme are afraid of repercussions, said one expert in competition law. The bureau may be looking for corroboration of other information, said the expert.

Typically a condo corporation hires a designer for interior work or an engineer for exterior jobs. Once the condo board has approved a design and scope of work, the designer or engineer will recommend contractors they have worked with in the past. TORSTAR NEWS SERVICE

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Weed like to have a word

ENFORCEMENT

Drug Squad cracks down on marijuana dispensaries

Toronto police and the Drug Squad raided a series of marijuana dispensaries in the city on Thursday.

Through the investigation, called Project Claudia, members of the Toronto police drug squad and front-line officers, in partnership with the City of Toronto, have issued a series of search and arrest warrants, according to Toronto police.

The project targeted various locations that have been identified as trafficking in marijuana outside of the marijuana-for-medical-use regulations, said Const. Caroline de Kloet.

Toronto police raided four dispensaries along Danforth Avenue west of Chester.

A repairman replaced glass smashed out of the door of MedicalClub.ca, just west of Hampton Avenue, as police officers milled about inside.

Police were also inside S.W.E.D. Dispensary, two doors down. Police tape blocked entry to them plus neighbouring Weeds glass and gifts.

Police removed several bags of what appeared to be marijuana and oils from S.W.E.D. Dispensary and left. Two men who appeared to be employees, were left behind and shuttered the emptied shop.

"Thank you," a man said to an officer standing outside the raided dispensary. "It's about time," a passing woman remarked to another officer.

Not everyone shared their enthusiasm for the raids. "What a waste of time," a grey-haired man said while snapping Smartphone photos of the closed businesses. Two blocks east, police were also inside Green Rhino Medicinal Cannabis. Officers on the scene declined comment, noting Chief Saunders will talk to reporters Friday. "It should be pretty good," one of them said, grinning. Jamie Carlton, manager of Canadian Qualimeds dispensary, said the raids and subsequent closures will end up hurting patients.

"People with epilepsy, cancer, severe pain, are going to walk up here today and they will be suffering," she said in front of Cannawide. "It's frustrating."

Carlton, who overcame Hodgkin's lymphoma, said she welcomes pending regulations around legalization.

TORSTAR NEWS SERVICE

An officer loads up the trunk of a police cruiser with confiscated marijuana and other products in front of the Cannawide marijuana dispensary during a raid by Toronto Police as part of Operation Claudia in Toronto on Thursday. COLE BURSTON/THE CANADIAN PRESS

> When our landlord asked them to keep a lid on the loitering, they did.
>
> Neighbours of marijuana dispensary Cannawide

Pot home delivery prices low

It's now cheaper to order a gram of pot to your door than a head of lettuce.

The country's largest legal cannabis company says patients who furnish prescriptions can receive their monthly dosage in the post for $5 a gram — and, for a heftier price, get it mere hours after ordering.

"Torontonians who are seeking a reliable supply of medical cannabis can now turn to the most affordable solution in the city, delivered same-day to their door, and rest assured there is no question about the legality and origins of their cannabis supply," said Bruce Linton, chair and CEO of Canopy Growth Corp.

As city hall struggles to get a grip on unlicensed pot dispensaries, Linton's low-cost option poses itself as an accessible alternative to the mom-and-pop shops mushrooming across the city. Mason-jar marijuana retailers argue in turn that they have a constitutional right to operate and that corporate growers offer costly, unreliable service for an inferior product.

TORSTAR NEWS SERVICE

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Vickers tackles Dublin protester

IRELAND

Canadian hero both lauded and criticized for actions

When Prime Minister Justin Trudeau and his ministers crowed after taking office that "Canada is back" on the world stage, people probably thought more of diplomats like Lester Pearson than Kevin Vickers.

Vickers, the former Commons' sergeant-at-arms celebrated as a hero after an armed attacker was shot and killed inside the Parliament buildings in 2014, was appointed Canada's ambassador to Ireland by way of reward.

On Thursday in Dublin, at a ceremony to honour British soldiers killed putting down the 1916 Easter Rising of Irish nationalists against British occupation, Vickers grappled with a protestor in the sort of physical intervention not typically regarded as diplomatic.

The Global Affairs Department said in a statement that Vickers "intercepted a protester who ran up to the podium" during the commemoration at a military cemetery.

However, a video of the incident shows Vickers stepped forward as the protester shouted "This is an insult!" Vickers grabbed the man and hauled him away. The man was then handcuffed and taken away by Irish police and the ambassador returned to his place to observe the ceremony.

It was a sensitive event given the deaths of hundreds of Irish nationalists in 1916, the execution of leaders of the uprising, and the subsequent declaration of martial law by the British and the arrest of thousands of citizens.

While some social media commentators hailed Vickers as a Canadian superhero, questions were raised about why he attended such a potentially divisive event, and why the ambassador felt it appropriate to engage physically with a lone protester taking public issue with a state event in his own country.

David Mulroney, a former Canadian ambassador to China who is now a senior fellow at the Munk School of Global Affairs, warned against a rush to judgment.

If Vickers considered the man a legitimate safety threat, then acting on his police training was probably instinctive and justified, Mulroney said.

"The other side of it is — and this you do get instructions on — you're there to represent the government and people of Canada and you are to stay out of domestic politics," he said.

"In this case, if he was objecting — not because he thought this was endangering people, but because he thought it was inappropriate for the event — then you are crossing into local politics. That's something for the Irish to work out. You're not there as an honorary member of the Garda (the Irish police)."

TORSTAR NEWS SERVICE

Canadian Ambassador to Ireland Kevin Vickers, left, wrestles with a protester in Dublin on Thursday. THE CANADIAN PRESS

JAPAN

PM touts trade to G7 leaders

Justin Trudeau talked up trade and warned of creeping protectionism Thursday as he met powerful world leaders in a G7 setting for the first time.

On the opening day of the G7 summit in Japan, Trudeau also used his audience with the heads of some of the planet's biggest economies to promote Canada's free-trade deal with Europe.

He focused on the Canada-European Union treaty, known as CETA, in a bilateral chat with German Chancellor Angela Merkel.

Trudeau discussed the pact again in a one-on-one meeting with French President Francois Hollande.

And, in a working session with all the leaders, Trudeau once more touted the merits of international trade.

"When the middle class are anxious about their economic realities in their future, it's easy to get trapped in demagoguery and protectionism," Trudeau said at the remote Shima resort.

THE CANADIAN PRESS

Justin Trudeau speaks at the G7 Summit in Japan on Thursday. GETTY IMAGES

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Complicated task of city's big switch-on

Return to FORT MAC

Community preparing for return of evacuees

Ryan Tumilty
Metro | Edmonton

When 90,000 people fled Fort McMurray in early May, they left behind not only homes and lives, but grocery stores, gas stations and other essential services that now need to be turned back on.

And that's the challenge many are currently trying to solve: How do you do that by June 1, when the government will allow evacuees to return voluntarily? The answer: It's really complicated.

"When we evacuated the city, 90,000 people were gone. We turned off the lights and we turned off the gas and, 24 days later, we have issues," said Bob Couture, Fort McMurray's director of protective services, who is overseeing the work of turning the community back on.

Officials in Fort McMurray have been working hard to restore services in preparation for the arrival of the city's evacuated residents. RYAN REMIORZ/THE CANADIAN PRESS

Couture said the task at hand leaves hundreds of items to think about and most have been more complex than people anticipate.

"You expect a grocery chain might just be able to turn the lights back on, but it's not — it's a very complicated process," he said.

Just getting staff from grocery stores or other companies up to the city to operate the facilities is a challenge, he said. "The hotels have been down, so we have to get those up and running for accommodations."

Fort McMurray is more than 400 kilometres north of Edmonton, where many evacuees and workers are now based. The distance means that everyone coming to help re-start the community has to be housed and fed, which Couture said is a major challenge.

"There is only one way into Fort McMurray right now and that's by road and it's five hours away from everything else."

He said they've also had to be selective in who they have let back in.

"We have a large community of 90,000 people and everybody wants to come in and everybody wants to help, and there is no room for everybody to go," he said.

ONTARIO

Pit bull ban a problem for travelling family

Tera Joseph and her family are trying start over after fleeing their home in Fort McMurray when the wildfires forced them out of the city earlier this month.

Traveling cross-country in car from Edmonton to Prince Edward Island, the family and their beloved dog Lucy were focused on figuring out what came next — until, while in Manitoba, they found out, Lucy, a pit bull wouldn't be allowed to pass through Ontario legally.

"I was aware of the Ontario ban on pit bulls, but I wasn't aware that I couldn't even pass through the province," she said. "Upon learning this, we decided we would fly her from Winnipeg—but then we found out they also have a pit bull ban."

Ontario's Dog Owner Liability Act came into effect in August of 2005, banning all pit bull breed dogs from the province, unless the dog was born prior to the act passing..

"If the animal is deemed to be prohibited it would be transported out of the province," said Ontario SPCA Insp. Brad Dowar.

The dog's owner could also face fines or jail time.

"I'm pretty much out of options at this point, but I've reached out to Charlie's Angels for Animals and they've put me in touch with a few organizations like Pilots and Paws Canada, West Jet cargo, Air Angels Canada—who are all now trying to help," she said.

Tera Joseph is trying to find a way to get Lucy, a seven-year-old pit bull, to PEI without breaking any laws in Ontario. CONTRIBUTED

To make matters even more difficult, Joseph said she doesn't have proper documentation for Lucy because it was left behind when they fled Fort McMurray.

"I'm trying to get her to a vet now so they can give her some sort of papers so she can fly," she said.

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Chemist gets $50K in funding to fight Zika

INNOVATION

B.C. researcher developing low cost tools for health workers

Thandi Fletcher
Metro | Vancouver

As a child growing up in Brazil, Alexandre Brolo remembers seeing dengue fever outbreaks in his home country.

Every year, he said authorities would struggle to control the mosquito-borne illness, which can cause high fever, rash, and debilitating muscle and joint pain— even severe bleeding and death in severe cases.

"Now Zika came along, which is spread in a similar way," Brolo told Metro. "It's just amazing that the authorities keep doing the same thing each year but the problem is still there."

Now a chemist at the University of Victoria, Brolo has received $50,000 in funding from Grand Challenges Canada, a federally funded body that supports public health innovations, to develop two new tools aimed at helping in the fight against the Zika virus.

One of the tools is a low-cost plastic strip coated with nanoparticles that change colours when it comes into contact with infected saliva. Connected to a smartphone, the device uploads the time and geographical location of the infected person to a database, he said.

Brolo said he chose to create a saliva screening-tool rather than blood, because blood samples require more technical expertise and can be hazardous.

The saliva tool can be used in the field by workers with minimal training and can upload information in real time, which he said is key to containing outbreaks.

A member of the National Health Foundation fumigates against the Aedes aegypti mosquito. EVARISTA SA/AFP/GETTY IMAGES

"That's the kind of information that's important for people who are at the frontlines," he said. Brolo and his colleagues are also developing an app that uses a smartphone camera to detect the presence of mosquito larvae in stagnant water, while also recording the time and location of the photo.

With that information, he said governments can use insecticides to kill mosquitoes in that area before an outbreak begins.

-WITH FILES FROM THE CANADIAN PRESS.

University of Victoria chemist Alexandre Brolo wants to contain outbreaks. CONTRIBUTED

SOLDIERS HELPING SOLDIERS

This spud's for you

Emma Jackson
Metro | Ottawa

Take one sunny balcony, add one garbage bag, a healthy serving of soil, a pinch of bone meal, and some sprouting potatoes. Add water and wait.

That simple recipe could yield you up to 100 pounds of potatoes this summer – a bounty one charity hopes you'll donate to your local soup kitchen.

Soldiers Helping Soldiers has launched the Grow Potatoes program, which aims to feed Ottawa's hungry right from the city's balconies and backyards.

To get started, you don't even need a proper planter: just grab "a big old garbage bag," punch some drainage holes in the bottom and fill it up, said retired sergeant Dannelle Gauthier, the project's co-ordinator.

A single medium-sized planter can yield 20 pounds of nutritious, filling potatoes from just five seeds. Thank goodness, because the average Ottawa soup kitchen uses about 120 pounds a day, Gauthier said.

As the potatoes grow, residents can store them unwashed until Sept. 17, when the veterans charity hopes to haul in 40,000 pounds.

"You can just imagine the impact that would have on our community," Gauthier said.

Coun. Stephen Blais has already planted enough for 100 pounds in his Orleans backyard. He encouraged even the most unseasoned gardeners to join in.

"They're relatively easy to do," Blais said. "You don't have to be a green thumb to do it."

For complete planting instructions, visit justfood.ca/soldiers-helping-soldiers.

Ottawa Coun. Stephen Blais, left, and retired Sergeant Dannelle Gauthier plant potatoes. EMMA JACKSON/METRO

Trump triumphs

U.S. ELECTION

Front runner shifts focus to Hillary Clinton

Republican Donald Trump
THE ASSOCIATED PRESS

With a triumphant pile of delegates in hand, Republican Donald Trump on Thursday claimed support from "almost everybody" in his party and turned his attention to his likely Democratic presidential opponent, Hillary Clinton, who is still locked in a divisive primary contest.

The New York billionaire reached the number of delegates needed to clinch the GOP nomination hours earlier, according to the Associated Press count, just before a North Dakota campaign stop. It completed his unlikely rise that has upended the political landscape and set the stage for a bitter fall campaign.

"Here I am watching Hillary fight, and she can't close the deal," he told reporters. "We've had tremendous support from almost everybody."

Trump's good news was tempered by his own continuing campaign problems. Those include the abrupt departure of his political director and continuing resistance by many Republican leaders to declare their support for his upstart candidacy.

Trump was put over the top in the AP delegate count by a small number of the party's unbound delegates who told the AP they would support him at the national convention in July. Among them was Oklahoma GOP chairwoman Pam Pollard.

"I think he has touched a part of our electorate that doesn't like where our country is," Pollard said. "I have no problem supporting Mr. Trump."

It takes 1,237 delegates to win the Republican nomination. Trump has reached 1,239. Of those, 95 are unbound delegates who have endorsed him.

With 303 delegates at stake in five state primaries on June 7, Trump will easily pad his total, avoiding a contested convention in Cleveland.

Trump fought off 16 other Republican contenders in an often ugly primary race.

Many on the right have been slow to warm to Trump, wary of his conservative bona fides. Others worry about his crass personality and the lewd comments he's made about women.
THE ASSOCIATED PRESS

PROTESTS FRANCE IN TURMOIL OVER LABOUR REFORMS A man holds a bouquet of flowers and a torch as he faces riot police during a demonstration against the government's planned labour reform, on Tuesday in Lyon, France. The reform proposals, which are designed to make it easier for companies to hire and fire, have sparked a series of nationwide protests and strikes. Masked youth clashed with police in Paris and striking workers blockaded refineries and nuclear power stations. AFP/GETTY IMAGES

MEDITERRANEAN

4,000 migrants rescued in a day

A woman holds a baby as she disembarks from an Italian Navy ship. THE ASSOCIATED PRESS

More than 4,000 would-be refugees were rescued at sea Thursday in one of the busiest days of the Mediterranean migrant crisis, and at least 20 died trying to reach Europe as Libyan-based smugglers took advantage of calmer seas to send desperate migrants north.

The death toll was likely to grow far higher, however, as the Libyan coast guard also reported two overturned boats between the coastal cities of Sabratha and Zwara. Only four bodies were found, raising fears that the rest of those on board had perished.

Overall, the Italian coast guard said it had co-ordinated 22 separate rescue operations Thursday that saved more than 4,000 lives.

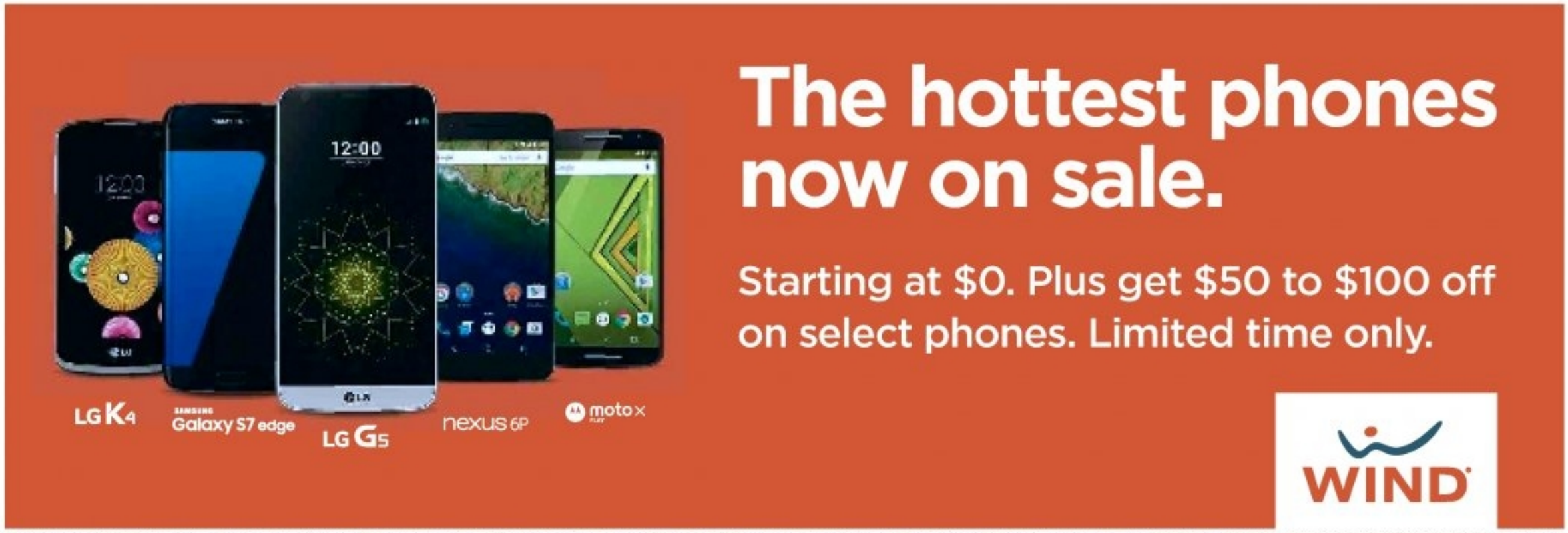
"That probably is a record," said coast guard spokesman Cmdr. Cosimo Nicastro, noting that previous highs have been in the range of 5,000 to 6,000 over two days.

At least one smugglers' boat sank off Libya's coast, and 20 bodies were spotted floating in the sea, said Navy Lt. Rino Gentile, a spokesman for the EU's Mediterranean mission.
THE ASSOCIATED PRESS

IN BRIEF

960 dead in attacks on medical facilities
A WHO report said nearly 960 people have been killed worldwide in attacks on medical facilities over two years, the majority of which were deliberate attacks. THE ASSOCIATED PRESS

Finding Aristotle's tomb
A Greek archaeologist says a destroyed structure he discovered may be the tomb of Aristotle, though he concedes he has "no proof but just strong indications."
THE ASSOCIATED PRESS



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SOCIAL MEDIA

Networks a key source for news, study says

Social networks are an increasingly important news source for many Americans, with Facebook leading the pack, a study showed Thursday.

The Pew Research Center survey showed 62 per cent of adults get news on social media, and 18 per cent do so often. That shows a growing role for social media as a news source.

In 2012, based on a slightly different question, 49 percent of American adults reported seeing news on social media, Pew said. AFP

RETAIL

Canada Goose set to open T.O., N.Y. stores

Canada Goose, the luxury winter jacket maker, will open its first two retail stores this fall.

One will be at Toronto's Yorkdale mall and a second in New York City.

The Toronto-based company says each store will be more than 4,000 square feet and showcase some of its vintage styles and more modern designs.

Canada Goose products are currently sold through the company's online store and authorized retailers in Canada and abroad.

Its parkas, which retail for up to $1,500, have been worn by celebrities and featured in Hollywood movies and on the cover of Sport Illustrated's swimsuit edition.

THE CANADIAN PRESS

Rendering of Canada Goose's new retail store at Yorkdale Mall in Toronto. COURTESY CANADA GOOSE/ THE CANADIAN PRESS

Quebec law won't be only model regulating home-sharing service, Airbnb says. ISTOCK

Airbnb reviewing Quebec's new law

SHARING ECONOMY

Wants divide between big and small operators

Quebec may be the first Canadian jurisdiction to regulate home-sharing services but the new provincial law won't become the only model guiding the evolution of Airbnb, says a senior company executive.

"What works for one community may not work for another," Chip Conley, global head of strategy and hospitality, said in an interview.

"The question I think people have is how is it properly regulated in a way that makes sense for local communities and that may be different in Vancouver than it may be in Toronto."

There are vast differences in approaches, including taxation laws, in the 34,000 cities in which Airbnb currently operates.

Conley said the company has no problem with local regulations that require, for example, guests to pay lodging taxes or that force property owners who rent out units as a full-time business to register.

"To be regulated is to be accepted," he said.

However, he added that Quebec's law, which came into effect on April 15, needs to make a clearer distinction between property managers who make hundreds of thousands of dollars and home owners who occasionally rent out their primary residences a few times a year to help pay for vacations.

The Quebec law requires owners who frequently rent out their properties to obtain the same provincial certification as hotel and bed-and-breakfast operators, and therefore charge travellers lodging taxes of up to 3.5 per cent.

THE CANADIAN PRESS

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metro VIEWS

Your essential daily news

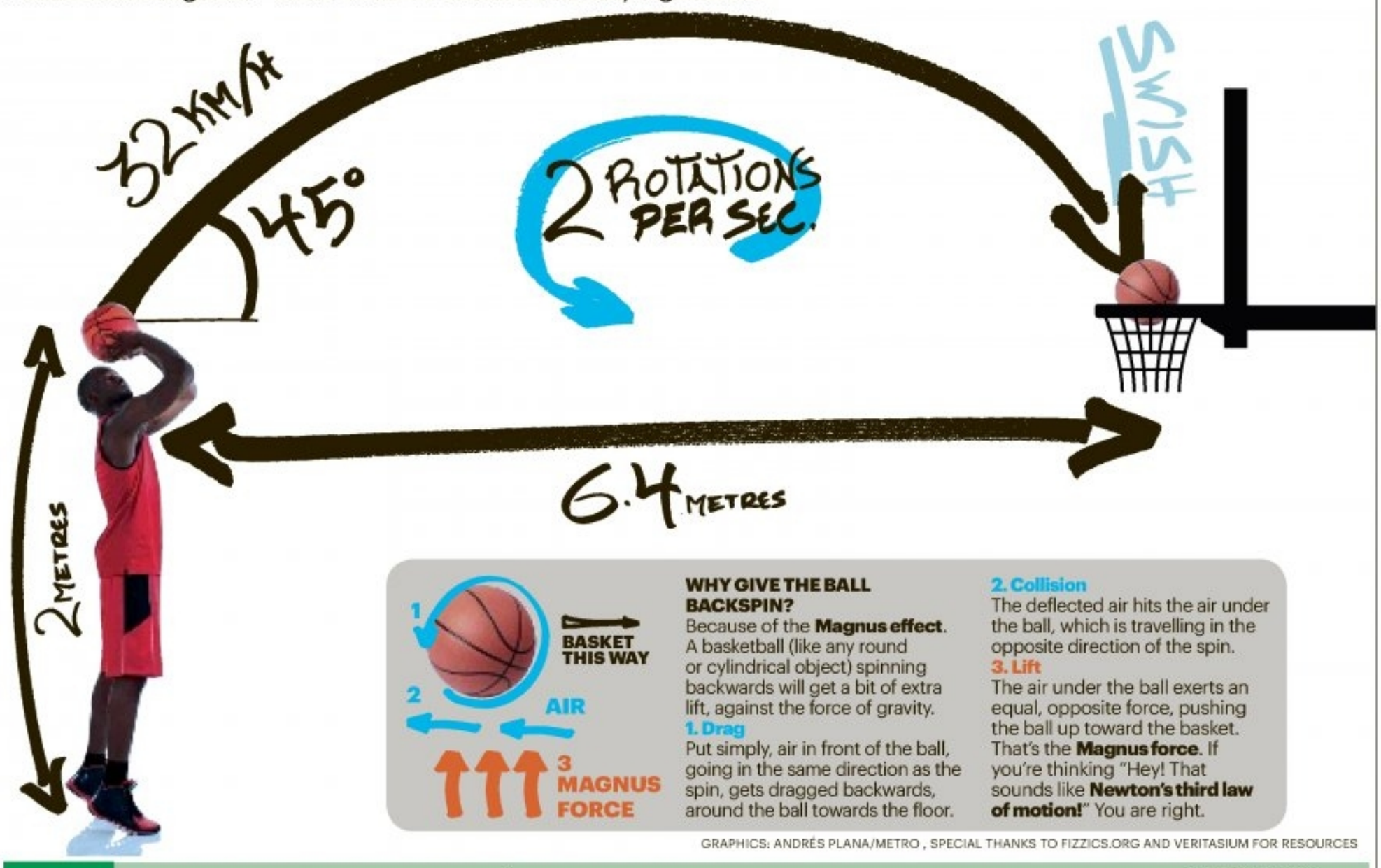
SCIENCE SAYS Weekend, May 27-29, 2016

WHAT'S OLD IS BREW Analysis of 5,000-year-old dregs revealed the recipe of the earliest known beer in China. It contained barley, millet and tubers.

DECODED BASKETBALL

LEARN TO SHOOT LIKE DEMAR DEROZAN

Just kidding, we definitely can't teach you that. However, we can explain the **physics behind the optimal three-point shot** — which the 26-year-old Raptor is well on his way to mastering. We consulted some work from Creighton University physics professor Gintaras Duda to learn about the multitude of factors that must come together all at once to create a satisfying 'swish.'



WHY GIVE THE BALL BACKSPIN?
Because of the **Magnus effect**. A basketball (like any round or cylindrical object) spinning backwards will get a bit of extra lift, against the force of gravity.

1. Drag
Put simply, air in front of the ball, going in the same direction as the spin, gets dragged backwards, around the ball towards the floor.

2. Collision
The deflected air hits the air under the ball, which is travelling in the opposite direction of the spin.

3. Lift
The air under the ball exerts an equal, opposite force, pushing the ball up toward the basket. That's the **Magnus force**. If you're thinking "Hey! That sounds like **Newton's third law of motion!**" You are right.

GRAPHICS: ANDRÉS PLANA/METRO , SPECIAL THANKS TO FIZZICS.ORG AND VERITASIUM FOR RESOURCES

FINDINGS
Your week in science

THE REYNOLDS LAB

NEW SNAKE SPECIES
Talk about precious silver: Harvard researchers have discovered silver boas previously unknown to science in the southern Bahamas. The critically endangered snakes could go extinct before we get much chance to study them, thanks in part to feral cats.

SLEEPING WILLOW
Finnish and Austrian researchers used lasers to observe treetops sagging by up to four inches at night, then bouncing back in the morning. Why? It could be reduced water pressure because there's no photosynthesis at night. Or trees are resting their branches to save energy.

SOUND SMART

NANO BALLS

DEFINITION
Nanoballs are round objects, natural or synthetic, small enough to be measured in **nanometres** (billionths of a metre). It was just discovered that English ivy gets its super-sticky, brick-ruining properties from **nanoballs** of sugar-coated proteins.

USE IT IN A SENTENCE
"I wish they sold **nanoball** glue at the store. Ralph's Bill Nye poster keeps falling off the wall."

metro

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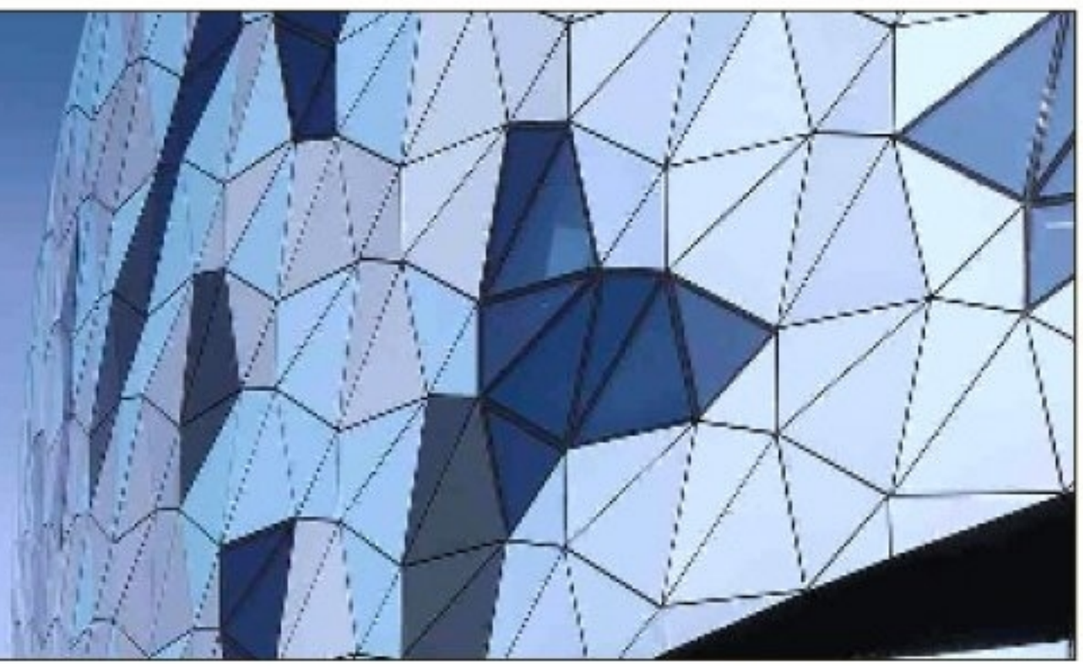


metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Just ask Mia, what Alice said

SEQUEL

Actress returns to Wonderland six years after first Burton film

Richard Crouse
For Metro Canada

Mia Wasikowska reprises her role of Alice in Alice Through The Looking Glass. DISNEY

Alice Through The Looking Glass, the six-years-in-the-making sequel to Tim Burton's Alice in Wonderland, takes place in a world where chess pieces come to life and the Cheshire Cat's grin is as toothy as ever. It's a flight of fantasy, based on a story published by Lewis Carroll in 1871, but grounded by the very human character of Alice Kingsley.

Mia Wasikowska has played Alice since the 2010 film, signing on to the first movie when she was just 18 years old.

"There is always a little bit of trepidation especially when you're dealing with a character who is so iconic and so beloved by so many people and so many generations," she told me on the release of the first film.

"But there is also a certain amount of realism to it because you know you can't please everyone and not everyone is going to be pleased so it is more just making the character your own and feeling comfortable in the decisions you make."

Originally imagined by Carroll in 1865, the little girl who found a world of wonder down the rabbit hole has become one of literature and film's more enduring and malleable characters.

She was the insane character of America McGee's video game Alice and the martial arts instructor of a Syfy channel adaptation. In 2010 Wasikowska said she thinks the stories have lasted because people relate to the strange characters and situations.

"I don't believe in normal," she said. "Nobody is normal. Everyone is crazy in his or her own way. So although these are extreme characters I think that just makes them more identifiable.

People want to see these characters, understand these characters, love these characters, feel comfortable with these characters because they are like everybody in this world who are kind of crazy. Everyone has felt like an outsider at some time in their life so it is a very identifiable story."

Alice first got the big screen treatment in 1903 in a 12-minute silent version starring Mabel Clark, who was also employed on the set as a "help-out girl," making costumes and running errands.

In 1966 director Jonathan Miller cast Anne-Marie Mallik as the lead in Alice, a mad-as-a-hatter made-for-BBC movie. Miller called Mallik, who auditioned by reciting a poem, a "rather extraordinary, solemn child."

Not everyone agreed. Peter Cook's biographer described the teenager's take on Alice as "sullen, pouting, pubescent with no sense of bewilderment." Mallik later said she wasn't impressed with her illustrious co-stars — John Gielgud as the Mock Turtle and Peter Sellers as the King of Hearts — because she had grown up surrounded by the very accomplished friends of her "much older" parents.

After production wrapped she "retired" from acting and afterward the BBC had trouble paying her a royalty because they couldn't find her.

It's hard to know what Alice Liddell, the young girl who inspired the character would have thought of any of the wild and wacky versions of the story, but we do know she enjoyed the 1933 Paramount version.

"I am delighted with the film and am now convinced that only through the medium of the talking picture art could this delicious fantasy be faithfully interpreted," she told the New York Times. "Alice is a picture which represents a revolution in cinema history!"

MOVIE RATINGS by Richard Crouse

X-Men: Apocalypse	★★★
Alice Through the Looking Glass	★★
Mr. Right	★★
Love & Friendship	★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

THE TV DINNER JESSICA ALLEN

I once gave an apple to the director Whit Stillman. We were alone in a hotel room making a web video

I once gave an apple to the director Whit Stillman. We were alone in a hotel room making a web video.

Let me start over: We'd just finished filming a 10-minute discussion during a Toronto International Film Festival junket for Damsels in Distress, Stillman's first movie in 13 years.

Everyone left the room, save for us two. He paused for what felt like an eternity, his gaze fixed upon my canvas tote bag stuffed with the fruit (it's another story, entirely.) I asked if he'd like one. He accepted.

That was five years ago. The video footage was lost so you'll just have to trust me when I tell you that while it certainly wasn't love, it could've been the beginning of a friendship—if the PR person hadn't removed me from the room.

Coincidentally, Love & Friendship is the title of Stillman's latest film, which opens in select theatres on Friday. It's an adaptation of a little-known novella by Jane Austen called Lady Susan that was published posthumously.

Kate Beckinsale plays the title character, a widow and bon vivant, who's searching for a husband for her daughter, and herself.

Chloe Sevigny, who starred alongside Beckinsale in Stillman's The Last Days of Disco, is Lady Susan's crafty friend. And yes, there are two potential suitors.

Although it's de rigueur to modify — adding zombies to Pride and Prejudice, for example — and modernize — Clueless is a take on Emma — Austen's work, Stillman sets his story firmly in the Georgian drawing rooms and countryside estates of the 1790s. And he doesn't consider the source material to be more contemporary than her other works.

"That's something that's said a lot now," he recently told the New York Times, "like if you want to sell people on going to see something that's set in the past. They say, 'Oh this has a snarky, modern sensibility.' And I don't want to say that at all, because I rather prefer the 18th century. For me, it's not a good thing to say it's contemporary."

Still, his dry wit and heavy-on-dialogue films featuring characters discoursing on decorum, privilege, and class, which have influenced the likes of Wes Anderson and Noah Baumbach, are not dissimilar to Austen's work.

So what took him so long to tackle it? For starters, the 64-year-old director has made only five films in some 25 years. Plus: "My theory in the '90s was that I didn't want to take a Jane Austen book I loved and reduce it to a 90-minute movie," he says. "The Emma Thompson-Ang Lee Sense and Sensibility was beautiful, but other ones I didn't think justice was being done."

That Sense and Sensibility is one of my top five favourite films — and Thompson is responsible for my all-time favourite award speech when she won the Golden Globe for her screenplay at the 1995 ceremony (Google it!) Every time I watch the film, I want to paint our apartment entirely in Wedgwood blue.

On a recent night we settled into our (taupe) living room and debated whether we should watch Metropolitan, Stillman's 1990 first feature film about New York socialites, which I have never seen, or Sense and Sensibility, again. While Simon appreciates Austen, he can't understand why I'd want to repeatedly re-watch something because time is limited.

He also can't understand why anyone would make a crisp other than apple. But the rhubarb at my green grocer was a brilliant pink and I couldn't resist. We ate it while watching Sense and Sensibility, again.

"It's research," I said.

Jessica Allen is the digital correspondent on CTV's The Social.

DIRECTING

Stillman adds a modern touch to the costume drama

Steve Gow
For Metro Canada

Acclaimed filmmaker Whit Stillman is finally releasing a follow-up to 2011's Damsels in Distress but he's not doing it the easy way.

Instead, the American auteur ventured a Victorian-era costume drama — not exactly stiff competition against summer blockbusters like Captain America.

Based on the celebrated English author's epistolary novella Lady Susan, Stillman assumed producing the film "would be a slam dunk."

However Austen's comedy about a conniving 18th Century widow attempting to keep her social standing by seducing a naive wealthy bachelor proved a challenge.

"The person who distributes the film in the U.K. initially hated the script because the characters were so unlikeable and vicious," recalled Stillman with a laugh.

"I find very manipulative women characters funny. Sometimes women I meet in real life, I think they're really funny and it turns out they're just dominant and manipulative."

Chloe Sevigny, left, and Kate Beckinsale star in Whit Stillman's Love & Friendship . HANDOUT

Stillman's body of work (which includes his Oscar-nominated 1990 debut Metropolitan) proves he's also a proponent of strong, female protagonists.

Yet, the director insists he's not really a fan of earlier Austen adaptations. "If they aren't working on all cylinders I just don't want to see them," said Stillman, noting he spent a decade crafting his version of Lady Susan. "This is different. This is kind of a fun film and I think it escapes the respectful adaptation trap."

15 YEARS LATER

Furious gets re-release for anniversary

The Fast and the Furious is speeding back into theatres this summer in celebration of the 15th anniversary of the film that launched the improbable $3.9 billion franchise. Tickets are now on sale for the nationwide June 22 re-release.

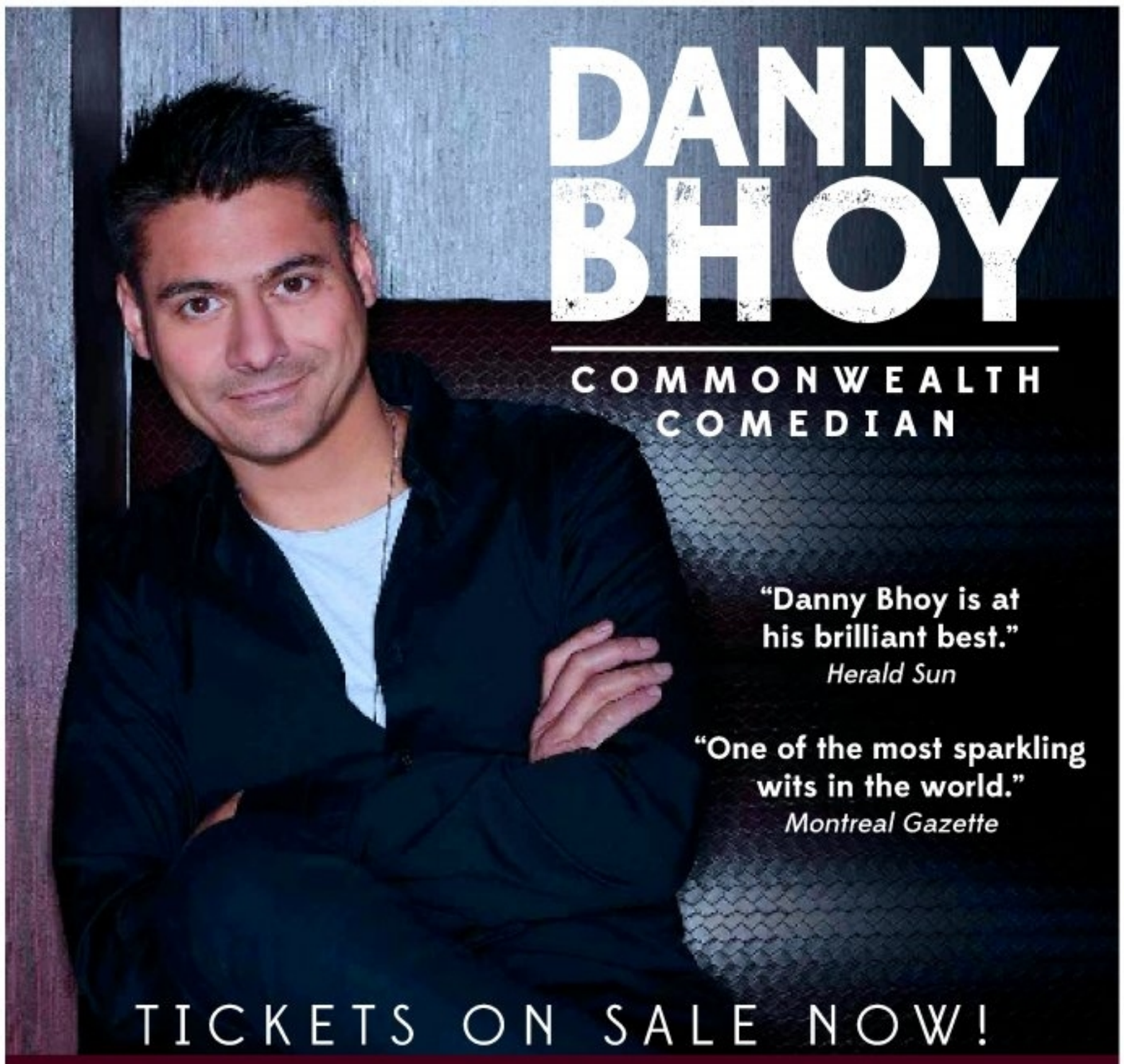
The 2001 film about East Los Angeles street racers starring Vin Diesel, Michelle Rodriguez and the late Paul Walker was a big box office success, earning over $200 million worldwide, but no one at the time could have imagined its potential longevity. In the years and films since, the franchise has only grown in profitability and audience goodwill.

The most recent, Furious 7, earned over $1.5 billion globally in 2015.

The eighth film is in production for a 2017 release, with 9 and 10 scheduled through 2021.

THE ASSOCIATED PRESS

Paul Walker, Vin Diesel and Michelle Rodriguez at the premiere of The Fast and The Furious in 2001. THE ASSOCIATED PRESS



Star Trek ... and Beyond

Star Trek Beyond is more 'fun' than previous episodes in part thanks to comedic actor Simon Pegg (above). CONTRIBUTED

NEW TRILOGY

Stars reflect on legacy in lead up to 50th anniversary

It launched with a mission of just five years "to boldly go where no man has gone before" but half a century later Star Trek is a multi-billion-dollar cultural phenomenon adored by fans the world over.

When the show debuted in 1966 the concept was a three-season television show following the crew of the starship Enterprise as they ventured into the galaxy to seek out new civilizations.

Little did NBC know it would snowball into a touchstone in entertainment spawning six shows with a combined 725 episodes and 13 movies, and turning its stars into household names.

"To be talking about the 50th anniversary is insane. I was born the same year that Star Trek was," veteran filmmaker J.J. Abrams, the creative force behind the new "rebooted" trilogy, told a convention in Hollywood last week.

"I know how old I feel, so the idea that this thing endures is incredible."

Korean-American actor John Cho, who plays Starfleet Officer Hikaru Sulu in the rebooted trilogy — including the upcoming 50th anniversary film Star Trek Beyond — describes multiculturalism as one of its "defining features."

"I really believe theoretically in Star Trek movies. It's a good cultural product, in my opinion. I wanted to be a part of something I felt was an important, positive cultural contribution," he said.

Today "Trekkies" are the only fan group listed by name in the Oxford English Dictionary.

Karl Urban, who plays ship's doctor Leonard "Bones" McCoy — the role originally made famous by the late DeForest Kelley — said Beyond was more complex and yet more fun than previous episodes.

This is in part thanks to Simon Pegg — engineer Scotty in the reboot series — who was behind numerous British comedy hits including 2004's Shaun of the Dead and took on scriptwriting duties for Beyond.

"We wanted to make sure we got the balance right between paying respect and homage to what had been before — little inside jokes and references for longterm fans — and making it fresh and delivering new material that new audiences can appreciate," Urban, 43, said.

The Lord of the Rings and Riddick actor is one of a handful of cast members who describe themselves as having been big fans of the original series.

"I just remember being into it as a kid. There were hot girls in short miniskirts. It was sexy, it was fun," he said.

Part of the enduring appeal of Star Trek, says Urban, is its commitment to a hopeful depiction of a humanity united in the future despite differences in race and creed.

The latest film hits theatres on July 22 but, whatever its fortunes, the Star Trek phenomenon will boldly go on, with a new television series due out from January 2017 on CBS. AFP

"To be talking about the 50th anniversary is insane. I was born the same year that Star Trek was"
Filmmaker J.J. Abrams

X-MEN APOCALYPSE

Your three-minute who's who catchup

Tye Sheridan (playing Cyclops) and Sophie Turner (playing Jean Grey) star in X-Men Apocalypse. CONTRIBUTED

The new generation of X-Men actors are now well and truly established with the arrival of X-Men: Apocalypse, the third film exploring the team's origins. In the latest movie, a historic rift emerges among the supermutants thanks to powerful and divisive newcomer Apocalypse. Find out who's in it, what the early verdict is, and where the trailers are at with our quick three-minute catch-up.

Who's in it?

James McAvoy returns as mutant school founder and mindreader Professor Xavier, as do protogés in Mystique (Jennifer Lawrence), Beast (Nicholas Hoult), Havok (Lucas Till), and Quicksliver (Evan Peters), while among those new to the school are Cyclops (Tye Sheridan, Last Days in the Desert), Jubilee (Lana Condor), Storm (Alexandra Shipp, Straight Outta Compton) and Jean Grey (Sophie Turner, Game of Thrones).

Opposing them is Apocalypse (Oscar Isaac of Star Wars: The Force Awakens) who sets about recruiting Quicksilver's estranged father Magneto (Michael Fassbender) and newcomers Nightcrawler (Kodi Smit-McPhee, The Roa), Angel (Ben Hardy, UK TV's EastEnders), and Psylocke (Olivia Munn) to his cause.

Who's behind it?

Bryan Singer's back for his fourth film in the X-Men franchise, after the original X-Men and X-Men 2, and 2014's passing of the baton, X-Men: Days of Future Past. He directed from a screenplay by Simon Kinberg, who shared an Oscar nomination for The Martian.

Is it any good?

Following a world premiere in London on May 9, X-Men: Apocalypse has accrued an IMDb rating of 8.3/10 from just north of 1,200 user scores (as of May 13). Movie critics' reviews dropped around the same time but were a little less enthused, with Metacritic giving a 51 per cent average score and Rotten Tomatoes turning up a 57 per cent approval rating from an average 5.7/10 score. AFP

What's next for J-Law after X-Men: Apocalypse?

THE FUTURE

A peek at the future projects of Hollywood's best-paid actress

After Jennifer Lawrence peels off Mystique's blue skin for the last time with the release of Bryan Singer's trilogy-closing X-Men: Apocalypse this weekend, fans must be wondering what's next for the actress.

Here are the 25-year-old actress's upcoming film projects.

Passengers

J-Law will be seen next starring opposite Chris Pratt in big-budget romance Passengers.

Set on board a space ship en route to a distant colony planet, Pratt and Lawrence are among the thousands of interstellar pioneers sedated in sleep chambers for the 120-year voyage when something wakes them up.

Lawrence plays a New York writer and Pratt is a mechanic. Details are few but we know the actress was very chatty about the awkwardness of filming a steamy love scene with the married Pratt.

Some scenes were shown to an audience at CinemaCon 2016, which reacted enthusiastically.

The movie opens in December.

Darren Aronofsky project

This one is a mystery. The Telegraph reports Lawrence is in rehearsals with director Darren Aronofsky on his sun-titled drama, which is also rumoured to star Javier Bardem and Michelle Pfeiffer.

Variety had a hint of a plot for the film, due out next year, saying it's about "a couple whose relationship is tested when uninvited guests arrive at their home, disrupting their tranquil existence."

We may not know much, but we do know Aronofsky makes movies that push actresses to expand their craft, like Natalie Portman in psychological thriller Black Swan and Marisa Tomei as stripper Cassidy in 2008 drama The Wrestler.

It's What I Do

There were several reports last year that war photojournalist Lynsey Addario's 2015 memoir It's What I Do: A Photographer's Life Of Love And War will get the big screen treatment, with Steven Spielberg directing and Lawrence to star. Time reported in 2015 there was a bidding war for the movie rights, with Warner Bros. emerging victorious.

No updates since then and considering Spielberg is already in pre-production on sci-fi thriller Ready Player One and drama The Kidnapping of Edgardo Mortara, this could take a while.

TORSTAR NEWS SERVICE

When Jennifer Lawrence peels off the blue skin of Mystique, she'll be diving into some new projects with Darren Aronofsky and Steven Spielberg. THE ASSOCIATED PRESS

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To celebrate World No Tobacco Day, 180 Smoke Vape Store, a crowd sourced Toronto company, is giving away hundreds of free e-cigarette kits to smokers who are willing to partake in the "commit2switch" program and dump their last pack of cigarettes.

180 Smoke Vape Store has been vigorous in harm reduction by encouraging tobacco smokers to consider alternatives to combusted tobacco products. The company is offering a truly fantastic incentive for anyone committed to harm reduction, and willing, to participate in our commit2switch program and part ways with their final pack of smokes'.

A report published and carried out by Public Health England (PHE), found that "e-cigarettes are around 95% less harmful" than smoking tobacco, and that the National Health Service should consider recommending them to help people quit smoking all together."

Hundreds of kits are expected to be given away" during May 28th - 31st to all to smokers committed to tobacco harm reduction.

180 Smoke Vape Store invites smokers to visit our participating locations to learn more first hand, taste the flavors, speak to our staff about our various products and find out what works best for them.

*available while supplies last only
**restrictions apply, details at 180smoke.ca

When? **Saturday, May 28th until Tuesday, May 31st.**
Where? **Five Stores in the GTA**

BRAMALEA CITY CENTRE 25 PEEL CENTRE, BRAMPTON
CENTERPOINT MALL YONGE / STEELES
657 YONGE STREET YONGE / BLOOR
3391 BLOOR ST W ISLINGTON / BLOOR
696 DANFORTH AVE DANFORTH / PAPE
746 WARDEN AVE, #2 WARDEN / ST CLAIR

FOR MORE INFORMATION AND STORE HOURS: VISIT **WWW.180SMOKE.CA**

MOVIE LISTINGS

DOWNTOWN

Carlton, 20 Carlton St., 416-494-9371

Almost Holy Fri-Thu 1:35-4:10-7:05-9:20 **The Angry Birds Movie** Fri-Thu 1:45-4:15-6:50-9:05 Docunight Wed 7 **Eye in the Sky** Fri 6:45-9:10 Sun-Tue 6:45-9:10 Wed 9:10 Thu 6:45 **The Jungle Book** Fri-Thu 1:30-3:55-6:40-9:05 **Keanu** Fri 4:9:25 Sat 9:25 Sun-Thu 4:9:25 **The Lobster** Fri 1:15-6:35 Sun-Thu 1:15-6:35 **The Meddler** Fri-Thu 1:40-4:05-6:55-9:15 **Mother's Day** Fri-Thu 1:20-3:50-6:30 Mr. Right Fri-Thu 1:50-4:20-7-9:30 **Neighbors 2: Sorority Rising** Fri-Thu 1:55-4:20-6:30-9 **The Room** Sat 11 Sold Thu 8:30 **Sunset Song** Fri-Thu 9 **TO WebFest** Sat 1:15-2-2:45-3:30-3:45-5:15-5:40-6:45-6:45-9:30 Sun 2:30-3:40-4:45 **Zootopia** Fri 1:25-3:50 Mon-Thu 1:25-3:50

Scotiabank Theatre 259 Richmond St., 416-368-5600

Captain America: Civil War Fri 12-3:10-6:30-9:50 Sat 1:45-5:10-8:50 Sun-Tue 12-3:10-6:30-9:50 Wed 1:45-5:10-8:50 Thu 12-3:10-6:30-10:10; IMAX 3D Fri-Thu 12:40-4:10-7:25-10:40; 3D Fri 1:45-5:10-8:50 Sat 12:20-3:40-7-10:20 Sun-Tue 1:45-5:10-8:50 Wed 12:10-3:45-10:25 Thu 1:45-5:10-8:50 **Green Room** Fri 12:40-3:05-5:40-8-10:15 Sat 5:40-8-10:30 Sun 10:15 Mon 12:45-3:40 Tue 12:40-3:05-5:40-8-10:15 Wed 5:40-8-10:20 Thu 3:30 **The Jungle Book** Fri 12:50-3:35-6:15-9 Sat 1:30-3:30-6:15-9 Sun-Tue 12:50-3:35-6:15-9 Wed 12:50-3:35-10:10 Thu 12:50-3:35-6:15-9; 3D Fri 12:15-2:55-5:30-8:15-10:55 Sat 12:10-2:55-5:30-8:30-11:10 Sun-Tue 12:15-2:55-5:30-8:15-10:55 Wed 12:20-2:55-5:30-8:15-10:55 Thu 12:15-2:55-5:30-8:15-10:55 **The Metropolitan Opera: Roberto Devereux Encore** Sat 12 Mon 6:30 Wed 12:55 **The Nice Guys** Fri 1:10-2:15-4-5-6:55-7:55-9:40-10:50 Sat 10:50-11:30-2:15-4-5-6:50-7:55-9:40-10:50 Sun-Thu 1:10-2:15-4-5-6:55-7:55-9:40-10:50 **Teenage Mutant Ninja Turtles: Out of the Shadows** 3D Thu 7-9:50 **WorldGaming Street Fighter V Canadian Championship Live** Sun 2 **X-Men: Apocalypse** Fri 1:30-2-2:50-4:50-5:20-6:10-8:10-8:40-9:30 Sat 12:30-1-2:50-3:50-4:20-6:10-7:10-7:40-9:30-10:30-11 Sun-Tue 1:30-2-2:50-4:50-5:20-6:10-8:10-8:40-9:30 Wed 1:30-2-2:30-4:50-5:20-6:10-8:10-8:40-9:30 Thu 1:30-2-2:50-4:50-5:20-6:10-8:10-8:40-9:30; 3D Fri 12-12:30-3:20-3:50-6:40-7:10-10-10:30 Sat 12-2-3:20-5:20-6:40-8:40-10 Sun-Thu 12-12:30-3:20-3:50-6:40-7:10-10-10:30 Fri 1-4:20-7:40-11 Sat 10:20-1:30-4:50-8:15-11:30 Sun-Thu 1-4:20-7:40-11

Market Square 80 Front St., 416-494-9371

Alice Through the Looking Glass Fri-Thu 1:30-4-6:40-9:15 **The Angry Birds Movie** Fri-Thu 12:50-2:50-4:50-6:50-8:50 **Captain America: Civil War** Fri-Thu 12:45-3:45-6:45-9:45 Home Sat-Thu 11 **Neighbors 2: Sorority Rising** Fri-Thu 12:55-2:55-5-7:10-9:35 **The Nice Guys** Fri-Sat 1:45-4:20-7:05-9:40 Sun-Mon 4:20-9:40 Tue 1:45-4:20-7:05-9:40 Wed 4:20-9:40 Thu 1:45-4:20-7:05-9:40 Sun-Mon 1:45-7:05 Wed 1:45-7:05 **X-Men: Apocalypse** Fri-Wed 12:50-3:50-6:50-9:50 Thu 3:50-6:50-9:50 Thu 12:50

Varsity 55 Bloor St. W., 416-961-6304

Alice Through the Looking Glass Fri-Thu 4:30; 3D Fri-Thu 1:40-7:20-10:10 **A Bigger Splash** Fri-Sun 1:10-4:10-7:10-10:05 Mon 12:40-3:25-6:20-9:15 Tue 1:10-4:10-7:10-10:05 Wed-Thu 12:40-3:25-6:20-9:15 Fri-Sun 1:30-4:30-7:30-10:25 Mon 1:30-4:30-7:30-10:20 Tue 1:30-4:30-10:25 Wed 1:30-4:30-7:30-10:20 Thu 1:30-4:30-10:20 **Captain America: Civil War** 3D Fri-Sun 12-3:15-6:30-9:45 Mon 12:10-3:20-6:30-9:45 Tue 12-3:15-6:30-9:45 Wed-Thu 12:10-3:20-6:30-9:45 **Love & Friendship** Fri-Sun 12:05-2:40-5:05-7:35-10:15 Mon 12:10-2:35-4:55-7:30-10 Tue 12:05-2:40-5:05-7:35-10:15 Wed-Thu 12:10-2:35-4:55-7:30-10 Fri-Sun 12:20-2:40-6-9 Mon 12:30-2:50-6-9 Tue 12:20-2:40-6-9 Wed-Thu 12:30-2:50-6-9 **The Man Who Knew Infinity** Fri-Sun 12:55-3:55-6:50-9:30 Mon 1:30-4:20-7:10-10 Tue 12:55-3:55-6:50-9:30 Wed-Thu 1:30-4:20-7:10-10 Fri-Thu 1-4-7-9:30 **Money Monster** Fri-Sun 12:30-3-5:20-7:50-10:25 Mon 1:20-4:10-6:40-9:25 Tue 12:30-3-10:25 Wed 1:20-4:10-6:40-9:25 Thu 12:35-3:10-9:40 Tue 7:30 Thu 7:30 **The Nice Guys** Fri-Sun 12:40-3:40-6:40-9:40 Mon 12:45-3:45-6:45-9:35 Tue 12:40-3:40-6:40-9:40 Wed-Thu 12:45-3:45-6:45-9:35 **X-Men: Apocalypse** Fri-Sun 3:35 Mon 3:40 Tue 3:35 Wed-Thu 3:40; 3D Fri-Sun 12:15-7-10:25 Mon 12:25-7-10:20 Tue 12:15-7-10:25 Wed-Thu 12:25-7-10:20 Fri-Sun 12-3:10-6:30-9:55 Mon 12:10-3:20-6:30-9:50 Tue 12-3:10-6:30-9:55 Wed-Thu 12:10-3:20-6:30-9:50

Yonge & Dundas 24 10 Dundas St East, 416-977-2642

Alice Through the Looking Glass Fri-Thu 11:30-2:15-5:05-7:55-10:45; 3D Fri-Thu 12:45-3:35-6:25-9:15 Fri-Sun 12-3-6:30-9:30 Mon-Thu 12-3-6:30-10; IMAX 3D Fri-Thu 1:30-4:20-7:10-10 **The Angry Birds Movie** Fri-Wed 11:30-1:50-4:15-6:45-9:25 Thu 11:30-4:15-6:45-9:25 Star & Strollers Screening, Thu 2; 3D Fri-Thu 12:15-2:45-5:15-7:45-10:15 **Barbershop: The Next Cut** Fri-Tue 11:35-2:05-4:45-7:35-10:20 Wed 10:20 Thu 4:45 Star & Strollers Screening Thu 2 **Batman v Superman: Dawn of Justice** Fri-Thu 12-6:50; 3D Fri-Thu 3:15-10:05 **A Bigger Splash** Fri-Thu 1:20-4:10-7:05-9:55 **The Boy and the Beast** Fri 7-9:45 Sat 4:15-7 Sun 9:45 Mon 3:30-9:30 Tue 7 Wed 9:30 Thu 3:30-9 **Captain America: Civil War** 3D Fri-Sun 12:30-4-7:30-11 Mon-Thu 12:30-4:30-8 **Finding Mr. Right 2** Fri-Thu 12:10-3:40-6:35-9:50 **Hello, My Name Is Doris** Fri-Tue 12:40-3:25-6-8:25-10:40 Wed 12:20-2:50-5:20-10:40 Thu 12:15-2:30-4:45 **Keanu** Fri-Tue 12:20-2:50-5:20-8-10:25 Wed 10:35 Thu 12:20-2:50-5:20-8-10:25 **KISS Rocks Vegas** Sat 9:30 Tue 9:30 **Me Before You** Thu 7:35-10:20 Thu 7:30-10:45 **Money Monster** Fri-Thu 12:55-3:20-5:45-8:10-10:35 **National Theatre Live: Hangmen -- Encore** Wed 12:55 **Neighbors 2: Sorority Rising** Fri-Tue 12:05-1:05-2:30-3:30-4:50-5:55-7:20-8:20-9:45-10:45 Wed 12-1:05-2:15-3:30-4:30-7:50-8:20-10:15-10:45 Thu 12:05-1:05-2:30-3:30-4:50-5:55-7:20-8:20-9:45-10:45 Fri 2:30-6-10 Sat-Sun 11:30-2:30-6-10 Mon-Wed 2-5:30-8:30 Thu 1-4 **Painting the Modern Garden: Monet to Matisse** Fri 4:15 Sun 12:55-3:30 Mon 12:55 Tue 4:30 Thu 12:55 **Phantom Detective** Fri-Thu 1:55-4:40-7:30-10:10 **The Pineville Heist** Thu 7 **Popstar: Never Stop Never Stopping** Thu 7-9:20 **Rocky** Mon 7 **Sarbjit** Fri-Thu 11:45-2:55-6:10-9:20 **The Shakespeare Show** Fri-Sat 12:55 Sun 6:30 Tue 12:55 Wed 6 **X-Men: Apocalypse** Fri-Sun 12-3:30-7-10:30 Mon-Thu 2:30-6-9:30; 3D Fri-Sun 1-4:30-8-11:30 Mon-Wed 12-3:30-7-10:30 Thu 12-3:30-7-10:25 **Zootopia** Fri-Thu 5:10; 3D Fri-Tue 11:40-2:20-7:50-10:30 Wed 11:40-2:20-10:30 Thu 11:40-2:20-7:50-10:30

MIDTOWN

Yonge-Eglinton Centre 2300 Yonge St., 416-544-1236

Alice Through the Looking Glass Fri-Tue 4:20 Wed 1:30-4:20 Thu 4:20; 3D Fri 3-6-9 Sat-Sun 11:30-3-6-9 Mon-Thu 3-6-9 Fri 1:30-7:10-10 Sat 11:30-2:30-7:10-10 Sun-Tue 1:30-7:10-10 Wed 7:10-10 Thu 1:30-7:10-10 **The Angry Birds Movie** Fri 4:30 Sat 11:50-2:10-5:15 Sun 5:15 Mon-Tue 7:30 Wed 7:15 Thu 7:30; 3D Fri 2:10-7:25-9:55 Sat 7:45-10:15 Sun 12-2:30-7:45-10:15 Mon-Tue 2:15-5-9:45 Wed 2:15-4:45-9:45 Thu 2:15-5-10:15 **Captain America: Civil War** Sat-Sun 3:15 Thu 6:45-10:15; 3D Fri 3-6:30-9:50 Sat-Sun 11:50-6:40-10:05 Mon 2-5:30-9:30 Tue-Wed 3-6:30-9:50 Thu 3 **Me Before You** Thu 7-10:30 **The Metropolitan Opera: Roberto Devereux Encore** Sat 12 Mon 6:30 Wed 12:55 **Money Monster** Fri-Tue 1-3:30-6:15-9:15 Wed 3:30-6:15-9:15 Thu 1-3:30-6:15-9:15 Star & Strollers Screening Wed 1 **Neighbors 2: Sorority Rising** Fri 2:45-5:20-8-10:30 Sat 12:30-2:45-5:20-8-10:30 Sun 12:20-2:45-5:20-8-10:30 Mon-Tue 2:45-5:20-8-10:30 Wed 2:45-5:20-8-10:20 Thu 2:45-5:20-8-10:30 **The Neverending Story** Sat 11 **The Nice Guys** Fri 1:10-4-7-9:50 Sat-Sun 1:40-4:30-7:30-10:20 Mon 12:45-4-7-9:50 Tue 1:10-4-7-9:50 Wed 5-7:45-10:30 Thu 1:10-4-7-10 Fri 2:30-6:30-9:45 Sat-Sun 11:45-2:30-6:30-9:45 Mon-Wed 2:30-6:30-9:45 Thu 2:30 Star & Strollers Screening Wed 1 **Painting the Modern Garden: Monet to Matisse** Sun 12:55 **Teenage Mutant Ninja Turtles: Out of the Shadows** 3D Thu 7-9:45 **X-Men: Apocalypse** Fri 1:45-5:30 Sat-Sun 11:40-3 Mon-Tue 3 Wed 3:40 Thu 3 Fri-Thu 4; 3D Fri 9:30 Sat-Sun 12-3:30-7-10:30 Mon-Tue 6:10-9:40 Wed 6:45-9:50 Thu 6:10-9:50 Fri 3:30-7-10:30 Sat-Sun 6:10-9:30 Mon-Wed 3:30-7-10:30 Thu 3:15-6:30-10 Fri-Tue 12:40-7:20-10:40 Wed-Thu 12:40-7:20-10:30 **Zootopia** Fri 1:50-4:30-7-9:50 Sat 4:30-7-9:50 Sun 4:30-7-9:40 Mon 1:15-3:45 Tue 1:50-4:30-7-9:40 Wed 7-9:30 Thu 1:50-4:15

NORTH YORK

Empress Walk 5095 Yonge St., 416-223-9550

Alice Through the Looking Glass: IMAX 3D Fri-Sun 1:30-4:20-7:10-10 Mon-Thu 4:20-7:10-10 **The Angry Birds Movie** Fri-Sun 5:10 Mon-Thu 4:50; 3D Fri-Sun 12:20-2:45-7:40-10:10 Mon-Thu 7:30-9:55 **Captain America: Civil War** Fri-Sun 3:45 Mon-Thu 3:30; 3D Fri-Sun 12:25-7:20-10:35 Mon-Wed 7-10:20 Thu 6:50-10:20 **The Jungle Book** Fri-Sun 11:55-2:35-5:15-7:50-10:35 Mon-Thu 4:15-6:55-9:45 **The Man Who Knew Infinity** Fri 12:15-2:55-5:25-7:55-10:25 Sat 7:15-10:15 Sun 3:40-7-9:55 Mon 4-10:15 Tue-Wed 4-7:15-10:15 Thu 4 **Me Before You** Thu 7-9:50 **The Metropolitan Opera: Roberto Devereux Encore** Sat 12 Mon 6:30 **Money Monster** Fri-Sun 12:40-3:05-5:30-8-10:45 Mon 3:30-7:15 Tue-Wed 4:05-7:05-9:50 Thu 4:05 **Neighbors 2: Sorority Rising** Fri 1:05-3:30-5:55-8:10-10:40 Sat 1:05-5:55-8:10-10:40 Sun 1:05-3:30-5:55-8:10-10:40 Mon-Thu 5-7:50-10:10 **The Nice Guys** Fri-Sun 1:15-4:15-7:35-10:25 Mon-Thu 4:10-7:20-10:25 **Painting the Modern Garden: Monet to Matisse** Sun 12:55 **Teenage Mutant Ninja Turtles: Out of the Shadows** 3D Thu 7-10:15 **X-Men: Apocalypse** Fri 11:50-3:10-6:30-9:50 Sat 11:45-3:10-6:30-9:50 Sun 11:50-3:10-6:30-9:50 Mon-Wed 5:30-9:30 Thu 5:25-9:30; 3D Fri-Sun 12:30-3:50-7:10-10:30 Mon-Thu 3:50-7:10-10:30

SilverCity Yorkdale 6 3401 Dufferin St., 416-444-3456

Alice Through the Looking Glass Fri-Wed 9:30 Fri-Thu 4:20; 3D Fri 3:40-6:30 Sat-Sun 12:50-3:40-6:30 Mon 3:40-6:30 Tue-Wed 12:50-3:40-6:30 Thu 12:50-3:40 Fri-Tue 1:30-7:10-10 Wed-Thu 1:30-7:20-10:10 **The Angry Birds Movie** Fri 1:45-4:10-6:50 Sat 11:15-1:45-4:10-6:50 Sun 11:30-1:45-4:10-6:50 Mon-Wed 1:45-4:10-6:50 Thu 1:45-4:10; 3D Fri 12:20-2:50-5:15-7:50-10:20 Sat 12:30-2:50-5:15-7:50-10:20 Sun 12:20-2:50-5:15-7:50-10:20 Mon-Tue 12:30-2:50-5:15-7:50-10:20 Wed 12:30-2:50-5:15-7:40-10:10 Thu 12:30-2:50-5:15-7:40-10 **Captain America: Civil War** Fri-Thu 3:30; 3D Fri 12:10-7:10-10:30 Sat 12:15-7:10-10:30 Sun 12:10-7:10-10:30 Mon-Wed 12:15-7:10-10:30 Thu 12:15-6:50-10:15 **The Jungle Book** Fri-Sun 5-10:10 Mon-Thu 3:50-9:10; 3D Fri 1-7:40 Sat-Sun 11:45-2:20-7:40 Mon-Thu 1-6:30 **Money Monster** Fri-Wed 9:20 **Neighbors 2: Sorority Rising** Fri 2-4:45-7:15-9:50 Sat 11:30-2-4:45-7:15-9:50 Sun 2-4:45-7:15-9:50 Mon 12:50-5-7:40-10:10 Tue 2-4:45-7:40-10:10 Wed 2-4:45-7:30-10 Thu 2-4:45-7:15-9:40 **The Neverending Story** Sat 11 **The Nice Guys** Fri-Wed 1:15-4:30-7:30-10:20 Thu 1:15-4:30-7:35-10:20 **Popstar: Never Stop Never Stopping** Thu 7-9:30 **Teenage Mutant Ninja Turtles: Out of the Shadows** 3D Thu 7:40-10:25 **X-Men: Apocalypse** Fri-Tue 3:20-10:10 Wed-Thu 3:20-9:50; 3D Fri-Thu 12-6:40 Fri-Tue 12:40-4-7:20-10:40 Wed-Thu 12:40-3:50-7:10-10:30

All showtimes run between Friday, May 27 and Thursday, June 2

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Your essential daily news

The great road trip is expected to return this summer thanks to cheaper gas

Today's lonesome highways

HITCHHIKING

A writer looks back on the travels of her youth

Rita Daly
For Torstar News Service

Today's youth prefer cycling adventures and prepackaged tours to "road begging," as it was once called. Inset: Rita Daly, 18, left, and Barb Sneyd, 18, hitchhiking outside Moose Jaw. MAIN PHOTO ISTOCK; INSET CONTRIBUTED

There was no awe-inspiring moment of, "Hey, why don't we hitchhike out west this summer." At least, not that I recall.

It was just the thing to do back then, when thousands of youth — actually hundreds of thousands — took to the highways and back-roads to travel across Canada, the United States and Europe by sticking out their thumbs.

It was 1972. School was out, rock 'n' roll was in, when three fresh-faced girls with long hair, faded jeans and backpacks joined this historic movement and set off to see a world beyond the borders of Toronto with just a bit of cash stuffed in our pockets and a naive sense that all would work out in the end.

Once, on a Hwy. 401 trek to Windsor, I recall being picked up by a man with a prosthetic hand on the wheel and a handgun on the seat. When he made a stop in London, we bolted.

Another time, thumbing around England and Scotland, a group of sketchy long-haired weirdos picked us up in a van outside Salisbury.

They kept staring at us, like we were the freaks.

Still, these memories remind me of those carefree days when hitchhiking was considered more a right of passage than a mode of transportation. Which brings me to the present.

My husband and I sold our house in Toronto, bought one on Vancouver Island and shipped our life westward. He flew out with the cat, and I, opting to drive, found myself on the same Trans-Canada route ventured more than four decades ago.

This time I was accompanied by a girlfriend with the comforts of modern-day road travel.

It made me wonder though, how many young people are hitching the highways today? Not many, I guessed. During our week on the road, travelling some 4,000 kilometres, we passed only five groups, or a total of 10 people, thumbing rides.

The numbers were a far cry from the throngs we ran into back in the '70s — camping out in peach orchards, wheat fields or public parks — when it seemed like everyone was, as Jack Kerouac said, on the road.

You never felt alone. By contrast, today's hitchhikers seemed a lonely lot.

That's what I hastily assumed as we zoomed along, proud that I played my bit part in a huge counterculture experiment that today's hitchhikers lost out on.

Of course, young people on the road these days may not necessarily feel that way. I have to assume they are carving out their own unique adventure.

Gabriel René and Caroline Dawson, for instance, are today's consummate version of free-spirited hippies.

They have hitched across Canada several times, thumbed around the east coast, the U.S. and spent six months thumbing around Australia. They have found nothing but friendly rides and interesting people.

As they turned and headed toward the highway, I asked where they were going next. "Not sure, maybe east, maybe the islands," said Dawson, meaning the west coast.

René smiled with a shrug. "Maybe north."

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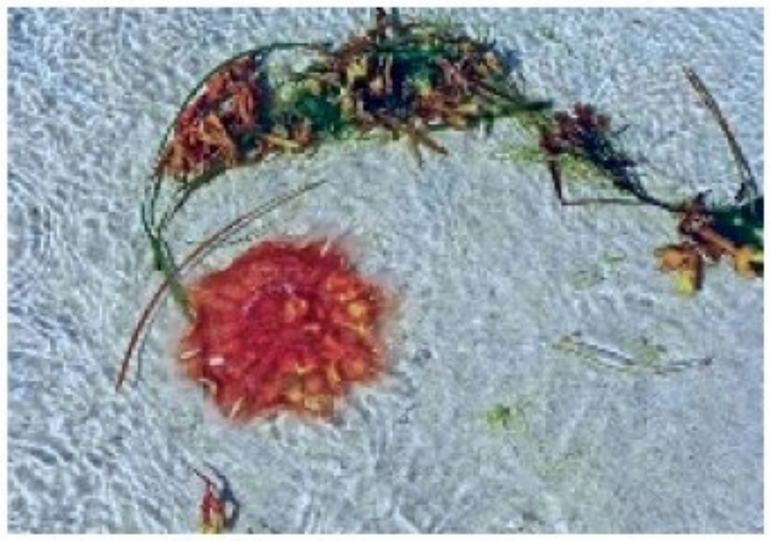
Hornby Island: The Hawaii of the north

B.C.

Modest jewel perfect place to spend the summer

Two sisters play wistful music as cars board the ferry leaving Hornby Island.

ALL PHOTOS KAREN MACKENNA FOR TORSTAR NEWS SERVICE



There is art in nature on this beautiful isle.

Hornby is one of those places you want to tell everyone about and yet at the same time no one.

The Salish Sea island, often referred to as Hawaii of the north, has warm waters and sandy beaches that set it apart from neighbouring islands, with their rocky beaches and frigid ocean temperatures.

Someone once said that Hornby floated up from further south a millennia ago.

This may just be island lore but Hornby does seem to have a geography all its own.

It takes three ferries and the better part of a day to get there from Vancouver, which is fitting because the journey to Hornby is more like a pilgrimage to a sacred place.

Once your feet touch the ground or your car rolls off the boat, you are on Hornby time.

The air is a fragrant cocktail of salt, wild rose and blackberry. Not far from the ferry docks you will come across the Cardboard House Bakery, an island landmark. It is a tradition in some families to stop here at the beginning of each holiday for a frangipane tart or some other delicious treat and sit with them in the bakery's apple orchard. Take a moment here to ponder which beach you might visit on day one. Such are the tough decisions one must make on Hornby.

Each beach has its own unique offering. Tribune Bay draws the most tourists with its dramatic cliffs, white sand and tropical vibe, but Pebble Beach and Whaling Station Bay —where the tide deposits new bounty each day, littering the ocean floor with sand dollars one day and spider crabs the next — are also excellent choices.

At low tide there are games of bocce and skim boarders surfing the shallow pools. At high tide, families wade into the bathwater while children race to save their drowning sandcastles.

These are the scenes of summer — island rituals embedded in the mind's eye.

Hornby may be the only place in the world where you can dive with six-gilled sharks, but you may prefer the relative safety of a leisurely sea kayak trip around the island.

Hug the shoreline and you will see thousands upon thousands of starfish clinging to the rocks.

It is an impossible sight only rivalled by a walk through old growth forest onto Helliwell Bluffs. Here the grass is so yellow and the sky and sea so blue that it feels as if you have stepped into an Edward Hopper painting.

At the end of Whaling Station Bay there is a thatched roof cottage. It is a beautiful piece of architecture that blends seamlessly into the tall grass. A modest jewel, like the island itself.

TORSTAR NEWS SERVICE

The natural beauty of Glacier park

CAMPING

Area can be accessed by train via Chicago

Chicago skyscrapers faded into green Wisconsin, and as the sun set over the Mississippi River. Sit back and watch as 2,400 kilometres go by aboard the Empire Builder train bound for Glacier National Park.

The historic train, which debuted with the Great Northern Railway in 1929, carries travellers between Chicago and the Pacific Northwest, with stops along the edge of the national park in western Montana.

Part adventure, part budget, the train is about half the cost of flying. Another plus: mammoth backpacks with protruding hiking poles will fit, with creative manoeuvring, into the train's overhead compartments. Board the double-decker Amtrak train in Chicago's bustling Union Station. The coach seats have larger-than-expected seats with ample legroom, leg rests and power outlets. The seats recline, but not fully, which makes sleeping manageable but not especially comfortable.

Sunrise over the plains are the cue to head to the viewing and dining cars, where floor-to-ceiling windows offer panoramic views of ranchland, towns and distant oil rigs.

The park operates free, easy-to-use shuttle buses to explore the many trailheads, campsites and stunning views along Going-to-the-Sun Road, the only roadway bisecting the park.

But getting to other areas of the park without a car can be tricky. Campgrounds can quickly fill up and backcountry camping permits aren't easy to get so it is best to book the sites that can be reserved in advance.

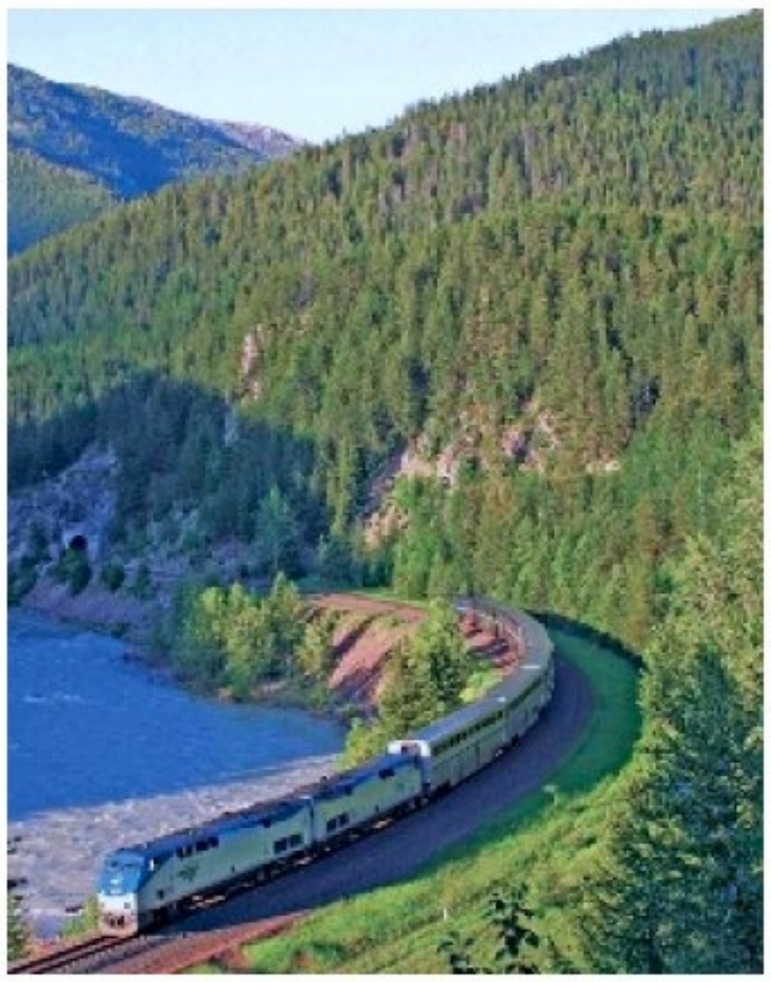
TIP
Don't rely on mobile devices in the park. Even at some lodges, Wi-Fi is spotty at best.

The out-and-back trail Grinnell Glacier pulls hikers above lakes surrounded by pink, yellow, purple and white wildflowers. A nearby trailhead accesses the roughly 18 kilometre route to and from Ptarmigan Tunnel, where rocky switchbacks climb to a dark tunnel, cut though the peak, that opens to maroon-tinted cliffs dropping into a deep valley.

Only 25 active glaciers remain in the park, out of an estimated 150 that existed in the area in 1850.

The National Park Service says those could be gone by 2030. So however you get there, don't wait too long.

THE ASSOCIATED PRESS



Glacier National Park is home to seemingly endless mountain peaks, waterfalls, valleys, wildflowers and lakes. PETR DAVID JOSEK/THE ASSOCIATED PRESS

TRAVEL NOTE FIXER UPPERS

Friends, Romans: help restore Rome's ruins, monuments

Rome has pleaded for patrons to help pay for the restoration and maintenance of some of the hundreds of fountains, monuments, archaeological sites and historical streets in the Italian capital. City officials said Tuesday they are grateful that fashion companies like Fendi have paid for restoration of prestigious monuments. But they say more help is needed.

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Top tech upgrades for your new home

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Lightning-fast internet

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A smart thermostat

Control the temperature of your home from your smartphone or other mobile devices — from work, on your way home, or even when you're on vacation.

Learning thermostats can remember how you heat and cool your house over the course of a day, and will learn to anticipate your needs.

A learning thermostat will save you money too, particularly for those times when you forget to turn off the heat for your weekend away. You can just turn down the heat at the touch of your smart phone.

Next generation TV

Get a TV service where you can access all your favourite TV series and movies, and play them anytime you want — in jaw-dropping picture quality even better than HD.

Get Bell's Fibe TV in 4K for the absolute best picture quality available.

It's a no brainer, Bell Fibe TV is the best TV service and brings you the most-loved channels, easy recording of several shows at once and a unique combination of features that makes watching TV better.

Smart locks

Door locking apps and their accompanying hardware allow you to lock your door remotely and monitor its current status, just by looking at your smart phone app.

Some apps even have features showing whether other registered family members are at home.

LED light bulbs

This simple change could save you a nice chunk on your electricity bill. Make sure your lighting doesn't draw more electricity than it needs to by installing the latest LED bulbs.

They come in many different shapes and sizes, and natural-looking colours. They're long-lasting, dimmable and affordable.

And they fit into traditional light bulb sockets, so there's no excuse not to go LED once your incandescent bulbs fizzle.

Blazing-fast Internet

Modern online habits have driven the need for every home to have fast internet. We stream video, we game online, we multitask on our computers. That's why fast internet is a must.

Bell Fibe Internet offers the largest fibre-optic network in the country, providing fast and reliable coverage.

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The best TV service

Today people want a TV watching experience that fits them perfectly. It's not enough to get access to great content. Consumers also want to enjoy features that make their TV experience better every day.

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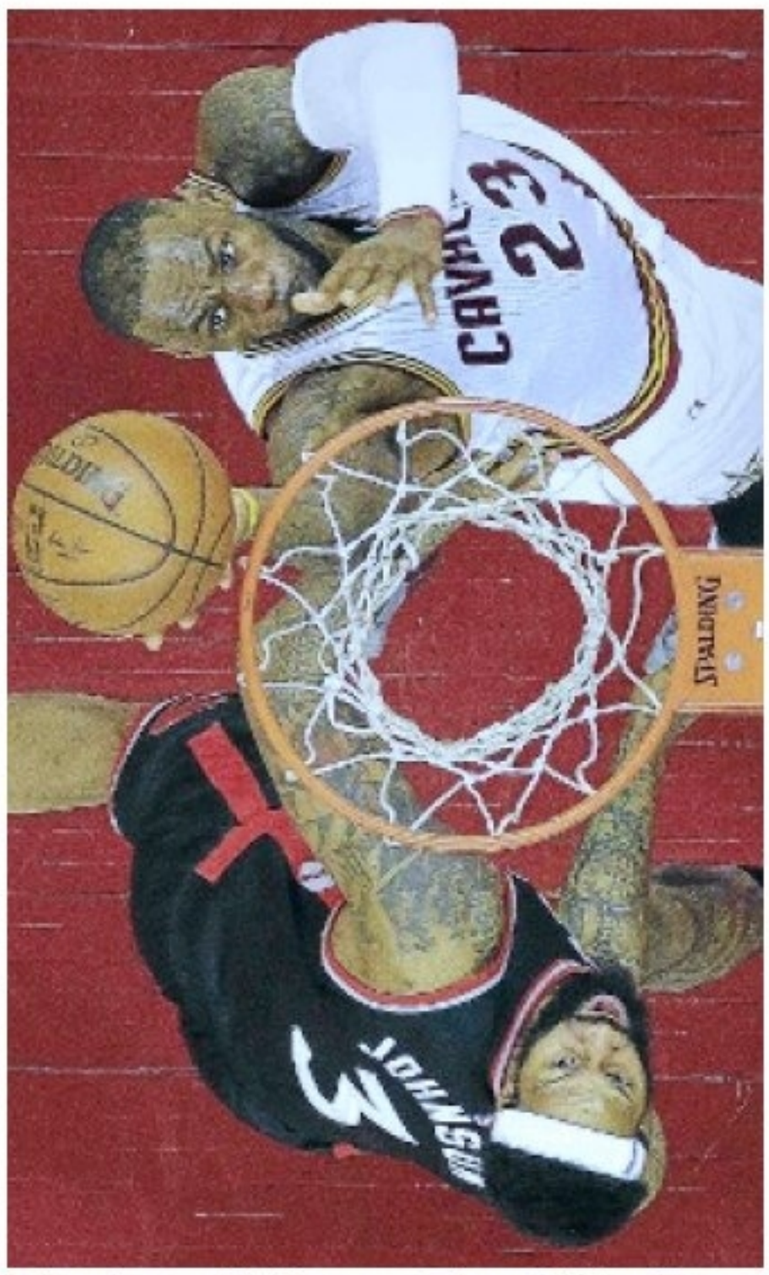
metro SPORTS

Patrick Marleau and Joe Thornton had played a combined 2,778 games without making a Stanley Cup final before their series win over St. Louis

All bets are off back at ACC



LeBron James and the Cavs come to Toronto Friday with a chance to book their ticket to the NBA Finals.
TONY DEJAK/THE ASSOCIATED PRESS

RAPTORS
GAME 6 PREVIEW

Anyone's guess which team will show up in do-or-die scenario

If there was a form chart you know the Toronto Raptors would follow it, but in this zany, exhilarating ride through the NBA playoffs — up one day and down the next — the only consistent trait has been inconsistency.

It has been maddening and it has been fun, to some degree, because no one night has been like the last. It's what is going to make Friday night's Game 6 of the Eastern Conference final so compelling, so mysterious, so impossible to predict.

"Round 1 to Eastern Conference finals, every single game is a different game," Kyle Lowry said Thursday. "I mean, we've proven it, literally. You ... learn and you make adjustments and you go on and prepare for the next day."

Lowry, named to the All-NBA third team Thursday, said it doesn't take long to determine the temperature of a game, even if no one can predict what it will be before it starts. In what's been a home- dominated series against the Cleveland Cavaliers, each team has had stretches of horrid play in the other's arena.

"It's definitely within the first five minutes of the game," he said.

But one night doesn't tell anything about the next.

"When you get momentum in a game, you'd better take advantage of it because ... it's not necessarily true that it's going to hold over to the next game," coach Dwane Casey said. "Relax a little bit and it snowballs."

In pure basketball terms, the Raptors have to find a way to deal with the aggressive blitzes and double teams from the Cavaliers that rendered Lowry and DeRozan powerless in Wednesday's Game 5.

It will take quick recognition and decisive ball movement from the two guards. It will also take special awareness from the other Raptors to find seams in the defence and exploit weak-side advantages.

"A lot of times it's for us to get off the ball early and understand, on our back side, we can have four on three," DeRozan said. "We've got to take advantage of that. Other guys have got to be ready to make plays, and it's on us to be able to get off the ball early."

And most of all, it's going to take someone other than DeRozan or Lowry making shots. No one has taken control and had one of those out-of-his-mind games that can help steal a win.

"They're picking their poison. They understand what they're doing," coach Dwane Casey said of Cleveland's willingness to leave someone open to double team Lowry or DeRozan. "Again, if we make one more pass, or attack and make one more pass, we could possibly get that shot. But again, we've got to be disciplined to look for that. But again, the guys wide open, nobody near you, those are the shots we've got to make and knock them down."

It comes down to Toronto recognizing where the openings are and taking advantage. If the Raptors operate at top offensive efficiency, it takes away Cleveland's ability to score in transition, an aspect of the game at which they are lethal.

"I should know — or we should all be on the same page and know — okay, this is going to happen, let's get here, get here, get here, and that's what the coaching staff has done a good job of, making those type of adjustments all year and throughout these playoffs," Lowry said. TORSTAR NEWS SERVICE

25+

Going into Thursday night's action there'd been as many games decided by 25 points or more this playoffs as there have been decided by five points or less — 17 each.

1st TEAM ALL NBA

Stephen Curry has knocked down another honour.

The dead-eye point guard who led the Golden State Warriors to a record 73 wins in the regular season was named to the All-NBA first team Thursday. The league's MVP was the only player named on all 129 ballots in voting by a panel of writers and broadcasters.

Curry was joined on the first team by Cleveland's LeBron James, Oklahoma City's Russell Westbrook, San Antonio's Kawhi Leonard and the Los Angeles Clippers' DeAndre Jordan.

Toronto's Kyle Lowry made the third team.
THE ASSOCIATED PRESS

NIGHT OUT IN CLEVELAND

Toronto duo playing with house money — literally

The Raptors are playing down a late-night visit to a Cleveland casino by two players on the eve of their Game 5 blowout loss, saying NBA players don't have nine-to-five jobs.

A Toronto Sun columnist saw DeMarre Carroll and Cory Joseph at a downtown casino near the team hotel just before 2 a.m. Wednesday. Later that day, the Raptors were hammered 116-78 by the Cavaliers in the Eastern Conference final.

The Sun's online headline was: "Carroll, Joseph put reps on line with late-night casino visit."

On Thursday, the casino walkabout largely obscured the fact that the Raptors are facing elimination Friday when the Cavaliers come to visit up three games to two.

> **It wasn't like they were drinking, partying at a club.**
> Dwane Casey

Carroll and Joseph downplayed the casino visit, with Joseph explaining "our sleep schedule's different than a person that works nine to five."

All-star guards Kyle Lowry and DeMar DeRozan backed him up.

"We work differently," said Lowry Thursday. "Sometimes I'm up at 3:30 in the morning because we just landed at two ... our clocks are different. They got plenty of rest, I'm sure."

"Whatever they did, they were prepared for the game," he added. "We just lost. If we didn't lose then what? People wouldn't say anything."

DeRozan dismissed the fuss, saying he was up in his hotel room until 4 a.m. that night, watching "Batman versus Superman: Dawn of Justice."

"Would that be a story?" he asked. DeRozan then played film critic, saying "I was upset after I watched it. I really was."
THE CANADIAN PRESS

DeMarre Carroll, left, and Cory Joseph THE CANADIAN PRESS

Blue Jays are Happ-y campers in the Bronx

MLB

Toronto lefty leads team to series win over Yankees

The Blue Jays' Jose Bautista dives into second base for a double on Thursday in New York.
JULIE JACOBSON/THE ASSOCIATED PRESS

In between retiring Yankees hitters, Toronto starter J.A. Happ could appreciate the moment of duelling with CC Sabathia.

"It was kind of fun, definitely, being out there — Yankee Stadium, pitching against him," Happ said after a strong seven-inning outing Thursday.

Edwin Encarnacion and Devon Travis had two-out RBIs, and the Blue Jays beat New York 3-1 to win the three-game series and wrap up a 5-2 road trip.

Sabathia was the tough-luck loser, allowing just two unearned runs. Alex Rodriguez went 0-for-4 with two strikeouts in his first game since going on the disabled list May 4 with a strained right hamstring.

THURSDAY In New York

BLUE JAYS	YANKEES
3	1

Happ (6-2) allowed one run and three hits with five strikeouts and three walks. He has given up three earned runs or fewer in 19 of his past 20 starts.

Sabathia (3-3) retired the first seven batters before an error by shortstop Didi Gregorius on Travis' grounder with one out in the third. Sabathia retired No. 9 hitter Darwin Barney, but a single by Jose Bautista and a walk to Josh Donaldson loaded the bases. Encarnacion singled to left for the 2-1 lead.

Travis, playing in just his second game of 2016 after offseason shoulder surgery, singled with two outs in the ninth off a 102 m.p.h. fastball from Aroldis Chapman to drive in Justin Smoak for the insurance run. THE ASSOCIATED PRESS

CHAMPIONS LEAGUE

Zidane on cusp of select company

Zinedine Zidane couldn't have asked for much more after only five months as Real Madrid's head coach. The former France great has a chance to end the season celebrating the Champions League title, just like he did 14 years ago as a player for the Spanish powerhouse.

> **I'm lucky to be here and share these moments with the players and fans. I'm very happy.**
> Zinedine Zidane

Victory on Saturday against Atletico Madrid would cap a superb start to Zidane's head-coaching career, joining Miguel Munoz, Giovanni Trapattoni, Johan Cruyff, Carlo Ancelotti, Frank Rijkaard and Pep Guardiola as the only men to have won the European tournament both as a coach and a player.

Zidane would also become one of the few coaches to win European soccer's most important club competition in his first job as a head coach, along with seven other men, including Guus Hiddink, Vicente del Bosque and Guardiola. THE ASSOCIATED PRESS

IN BRIEF

Bouchard eliminated in French Open second round
Eugenie Bouchard made an early exit from the French Open for the second straight year on Thursday, dropping a 6-4, 6-4 decision to Timea Bacsinszky in second-round play at the Grand Slam event. THE CANADIAN PRESS

Sens' Phillips retires
Chris Phillips is closing out his career with the only NHL team he has ever known. The defenceman, who was drafted first overall by the Ottawa Senators in 1996, announced his retirement Thursday. He missed this past season due to back issues. THE CANADIAN PRESS

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RECIPE The ALT Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We bet you won't miss the meat in this healthy twist on the classic BLT using creamy avocado mixed with the sweetness of fresh basil. We like the sound of those odds.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients
- 1 tomato
- 1 tsp olive oil
- Sea salt
- 1/2 avocado, pitted and mashed
- 1 tsp lemon juice
- 4 basil leaves, torn
- 4 pieces of multi-grain bread, toasted
- 1/2 head of Boston bibb lettuce

Directions

1. Cut tomato and place on a plate. Coat with olive oil and sprinkle with sea salt. Let stand.

2. Meanwhile, mash avocado in a medium bowl and then add lemon juice and torn basil. Mix until smooth.

3. Toast bread and then smear about a tablespoon and a half of the avocado spread onto the bread. Finish by adding tomato slices and a few pieces of lettuce. Cut in half or in quarters and serve with some cucumber slices.

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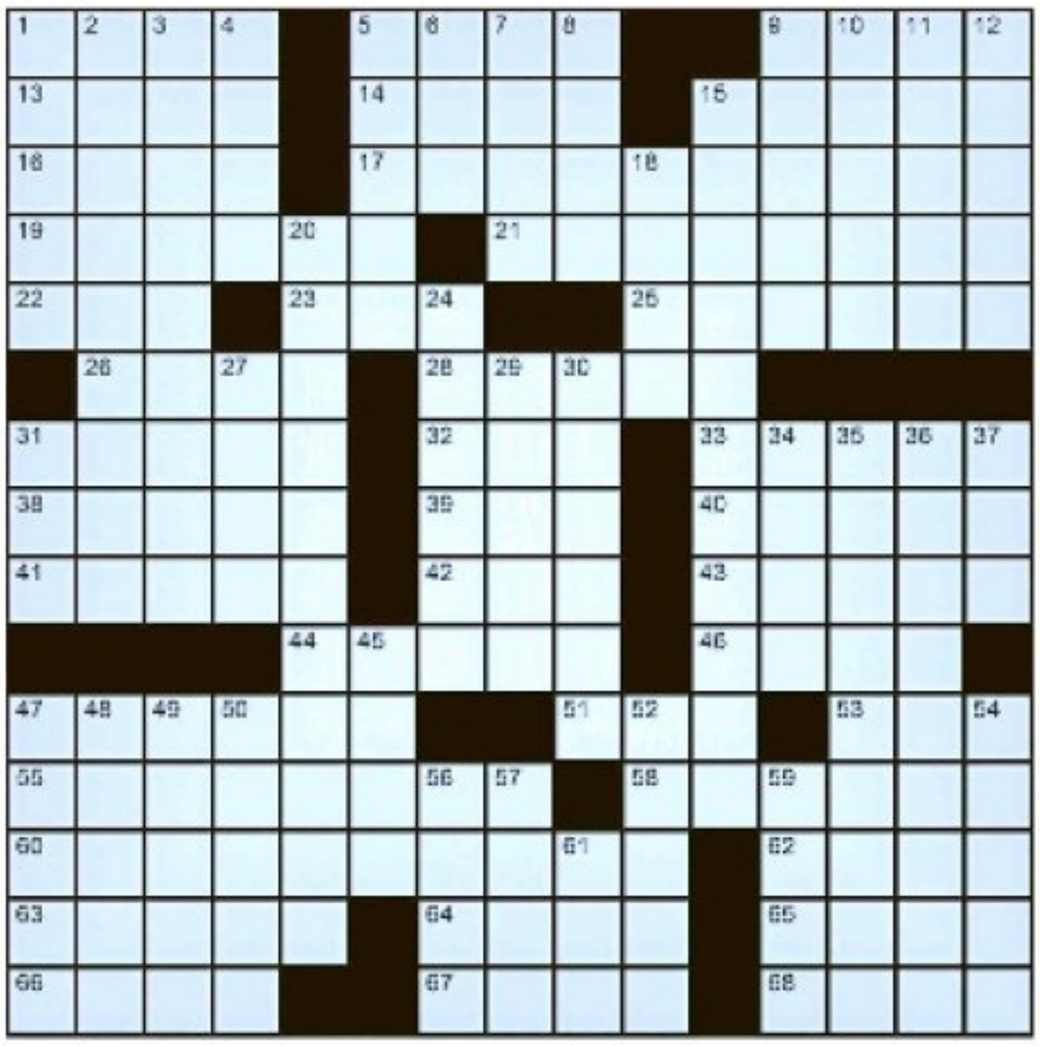
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Health food 'heart'
5. Cruise
9. "__ the Faith" by Bon Jovi
13. Computer company
14. _.._ __ Canadian (Common currency conversion)
15. Spanish composer, Manuel de __ (b.1876 - d.1946)
16. Auditioned- for dream
17. City in Quebec
19. L-thru-S sequence
21. University in Ottawa
22. Roll of grass
23. Turnaround, slangily
25. Most cunning
26. Micro
28. Standoffish
31. Plains roamer
32. What Paul Simon's Roy needn't be
33. Seasoned yogurt dip of India
38. Empire of Mexico
39. G'days
40. "Back in the __ days..."
41. Dishevelled
42. AC/DC's explosive tune
43. Sans stopping...: 2 wds.
44. Actor Mr. Metcalfe
46. Two __ (Twenty dollar bill equivalent)
47. Martin Short comedy, "Three __!" (1986)
51. Rug of Scandinavia
53. Young sheep
55. Summery drink
58. Like a growing-in-the-high-mountains flower
60. James McAvoy's role in "X-Men: Apocalypse" (2016): word + letter
62. Card deck symbols
63. Game cube guy Mr. Rubik's
64. 'Moon'-meaning prefix
65. Go through
66. Big Apple denizen
67. Stuck-here computer keyboard key
68. Likewise

DOWN
1. Damages
2. Follow a budget
3. Singers and songwriters
4. Get ready
5. Sugar, in Sherbrooke
6. Wynonna's actress sis
7. Medical suffix
8. "Livin' La Vida __" by Ricky Martin
9. Ms. Sagal of "Married... with Children"
10. A-List
11. "St. __ Fire" (1985)
12. Emulate Emily Carr
15. Toronto-born comedian Samantha Bee's late night talk show, airing on The Comedy Network: 2 wds.
18. Roughly: 2 wds.
20. Composer of "Soul Bossa Nova" which was used as the theme music on classic Canadian game show "Definition": 2 wds.
24. Billionaire's fleet
27. Variantly-spelled refusals
29. Meat cuts
30. Prairie __, Canadian country band
31. Chef Emeril Lagasse's sound!
34. "Wake Me Up" singer Mr. Blacc
35. __ twins
36. Stress/anxiety
37. Moreover
45. Those, in Spain
47. Pertaining to Swiss peaks
48. Lighthearted/ joyous
49. "...and God I know __ __." (Bit of "House of the Rising Sun")
50. "__ __ Soda" by Kim Mitchell
52. Math Class: Vertical graph line, _._
54. Painter's artwork base
56. Fast web connections
57. 'Right' suffix
59. Dad
61. Medical pros

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Listen to advice from someone older today. Why not stand on the shoulders of those who have gone before you?

Taurus April 21 - May 21
Others might notice that you have done your homework. You are well-prepared, especially when it comes to discussions about shared property, inheritances and such.

Gemini May 22 - June 21
It's easy to study today. Likewise, it's relatively easy to fill out legal forms and do work that you might otherwise find daunting. (You're in the groove!)

Cancer June 22 - July 23
Discussions about shared property will go well today because you know what needs to be done and what needs to be said. You will come up with the resources to please a boss or someone experienced at work.

Leo July 24 - Aug. 23
Be prepared to go more than halfway when dealing with others today, because the Moon is opposite your sign. People want to have serious discussions.

Virgo Aug. 24 - Sept. 23
It will please you to keep things practical and orderly today. You want a place for everything and everything in its place. (No floaters, please.)

Libra Sept. 24 - Oct. 23
You might have increased responsibilities with children today; however, you won't mind. In fact, you will fully accept the duties and obligations involved.

Scorpio Oct. 24 - Nov. 22
A discussion with a parent or an older family member will be productive today. The key is to show respect and look like you're listening, even if you aren't.

Sagittarius Nov. 23 - Dec. 21
You will handle details and routine work superbly today, because you are mentally psyched for it. Let's face it — it's gotta be done. (And you know it's that simple.)

Capricorn Dec. 22 - Jan. 20
You want to tie up loose details about financial matters today, because you are in a practical, sensible frame of mind.

Aquarius Jan. 21 - Feb. 19
Today the Moon is in your sign, dancing with Saturn. This means you will do whatever is necessary to get the job done because your own comforts will be of less importance.

Pisces
Feb. 20 - March 20
Research of any kind will go well today, because you have focus, concentration and the energy to follow through. Get as much done as possible.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1		7	5		6	3	
3					9			7
8								
	5							2
7				3				9
1							4	
								5
6			5					1
	4	2		7	6		9	

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3	2	4	6	7	5	1	9	8
6	1	8	4	3	9	5	7	2
7	5	9	8	2	1	4	3	6
4	9	1	3	8	6	2	5	7
8	6	3	2	5	7	9	4	1
2	7	5	1	9	4	6	8	3
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9	8	2	5	6	3	7	1	4

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